



Ben Booker's

21 HABITS IN TWENTY-ONE DAYS

You're ready for a new start...

Implement one new habit a day, and check them off as you go!



DAY



**Drink 64 ounces
of H2O a day**

1



**Limit alcohol
(2 *drinks or less a day*)**

2



**Replace one non-healthy
activity with a workout**

3



**Eat 20+ grams of
protein per meal**

4





**Stay on the outside aisle
of the grocery store**

5



**Read food labels
before eating**

6



Never skip breakfast

7



**Trade one bad meal
for one good meal**

8



**Create a meal plan
and stick to it**

9



**Add fish and omega-3
fatty acids to your nutrition**

10



**Replace junk snacks
with healthy snacks**

11





Choose wheat over white

12



Take 5 minutes to recharge every hour

13



Help someone else

14



Remove enablers

15



Avoid temptation

16



Take progress pictures

17



Find someone to hold you accountable

18





Sleep 6 to 9 hours a day

19



Leave work at work

20



Remain humble

21



SECOND CHANCE®...What are you doing with yours?

For More Information: SecondChanceLifestyle.com/21Days

After an amazing personal transformation, Ben Booker has become one of the top inspirational fitness personalities as the CEO and founder of Second Chance Lifestyle, the inventor of the Razor Hybrid Crossover, a national cover model, and a sought-after motivational speaker.

One Last Thing:



Print Out



Tape To Your Wall



Check-Off