



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