CONQUER TODAY EQUIPMENT

RESET

A POWERFUL WORKSHEET TO HELP YOU DOMINATE YOUR WEEK

CONQUER TODAY EQUIPMENT

THE RESET

MIND

LAST WEEK'S GOALS:

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_____

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_____

ACHIEVED?

YES NO

RATE LAST WEEK:

1 2 3 4 5 6 7 8 9 10

THIS WEEK'S GOALS:

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YOUR DAILY HABITS:

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_____

RESET TASKS:

MEDITATE
GO SCREENLESS
READ

BODY

LAST WEEK'S GOALS:

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_____

ACHIEVED?

YES NO

RATE LAST WEEK:

1 2 3 4 5 6 7 8 9 10

THIS WEEK'S GOALS:

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YOUR DAILY HABITS:

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RESET TASKS:

PURCHASE FOOD
MEAL PLAN AND PREP
OUTLINE WORKOUTS

LIFE

LAST WEEK'S GOALS:

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ACHIEVED?

YES NO

RATE LAST WEEK:

1 2 3 4 5 6 7 8 9 10

THIS WEEK'S GOALS:

_____

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YOUR DAILY HABITS:

_____

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_____

RESET TASKS:

UPDATE FINANCES
OUTLINE SCHEDULE
ORGANIZE SPACE