







7-DAY CHALLENGE








PREFERABLY START ON A MONDAY SO YOU CAN KEEP TRACK BUT BY ALL MEANS START WHEN YOU'RE READY. CHOOSE ONE HABIT FOR EACH TIME OF THE DAY AND EACH DAY TRY A NEW HABIT. BY THE END OF THE WEEK YOU'LL FIND THE ONES THAT STICK AND FINISH OUT THE WEEK WITH THE ONES THAT YOU FEEL HAS BENEFIT YOU THE MOST.

Morning – Set Your Energy (Choose 1)

-   4-7-8 Breathing (3 rounds)
-  Write 1 sentence intention or goal for the day
-  Drink 16 oz water before coffee or before you grab your phone
-  Step outside and get 5 min of sunlight
-  Visualize yourself winning at whatever big task you have today, how it feels, what it looks like, and what'll take to claim that

Midday – Build Your Body (Choose 1)

-  Complete a 20-minute workout or walk
-  Hit your protein goal for lunch(.8-1.2 g per/lb of body weight)
-   Get 7,000+ steps today
-  Do 3 focused sets of an exercise you're working on

- 🧘 4-4-4-4 box method breathing to reset before you finish your day or as you wind down before nightly activities.(breathe in for 4 seconds, hold for 4, exhale for 4, and hold for 4; repeat at minimum 3 times)
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🌙 Night – Reset Your Mind (Choose 1)

- 🧘♂️ 5-Minute Shadow Reset meditation
- 📵 No screens 30 minutes before bed
- 📖 Journal 3 things you're grateful for
- 🧠 Visualize your best self for 5 minutes before sleep
- 📅 Plan your main task for tomorrow, your ones you don't have to complete but would like to, and section for one affirmation from the list of affirmations

YOU'VE JUST SCRATCHED THE SURFACE.

IF ONE WEEK CAN CREATE THIS MUCH MOMENTUM, IMAGINE WHAT 4 WEEKS — OR 12 — COULD DO FOR YOUR BODY, ENERGY, AND DISCIPLINE.

DM ME “NEXT LEVEL” AND I’LL SHOW YOU HOW TO EVOLVE THIS INTO A FULL TRANSFORMATION PLAN.

SHADOW WOLF PERFORMANCE

THROUGH STRUGGLE COMES EVOLUTION