



# 11 Week YOU VS YOU CHALLENGE



## WEEK 1

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 2

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 3

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 4

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 5

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 6

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 7

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 8

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 9

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 10

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## WEEK 11

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

## DAILY REQUIREMENTS:

- 1 Gallon of water a day
- 1 STRIIVE workout OR 60 mins of exercise
- Pick a nutritional program or diet and stick to it (no exceptions)
- NO alcohol / NO cheat meals
- 1 Progress picture on Day 1 of each week.
- Read 11 pages of a non-fiction / self improvement book

**\*\* If you fail to complete all of the requirement you start the entire program over. That means back to Week 1 Day 1. \*\***