MANGINELLI GROUP

30 Day Achievement Plan

Goal I weigh 165 pounds looking lean, feeling fit.

Daily Action Plan

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Get to the Gym at 5AM	W	W	W	F	W	F																									
Drink 32 oz of water	W	W	F	W	W	W																									
Eat a max of 2,700 calories	W	W	W	W	W	W																									
Cardio for 1 hour	W	W	W	W	W	W																									
weight lifting	F	W	W	W	W	W																									

Win/Fail

RESULTS I need have better eating habits, set my alarm earlier, layout clothes

REWARD One hour spa massage at St. Regis