

30-Day Discipline Challenge

BUILD CONSISTENCY ONE DAY AT A TIME

Discipline isn't built through motivation. It's built through small actions repeated consistently. Use this tracker every day for the next 30 days and focus on showing up rather than being perfect.

NAME _____ START DATE _____

GOAL _____

HABIT TRACKER

Mark each square when the habit is complete

DAILY HABIT	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
Wake Up On Time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Workout / Exercise	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Read 10+ Minutes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Deep Work	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Healthy Meals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
No Mindless Scrolling	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Sleep On Time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	WEEK 1						WEEK 2						WEEK 3						WEEK 4						FINAL					

MY COMMITMENT

I commit to showing up for myself every day for the next 30 days — imperfectly, but consistently.

SIGNATURE _____ DATE _____

Discipline Rules

SEVEN PRINCIPLES TO LIVE BY

01

Never Miss Twice

Missing one day is normal. Missing two days is the beginning of a new habit.

02

Small Actions Beat Perfect Plans

A five-minute start you repeat will always beat a flawless plan you never begin.

03

Protect Your Mornings

Win the first hour of the day before the world starts asking for your attention.

04

Remove Distractions First

Willpower is your backup system. Your environment is the first line of defense.

05

Consistency Beats Intensity

One heroic week changes nothing. Thirty ordinary days change everything.

06

One Bad Day Never Defines You

Judge yourself by the trend, not the exception. Reset tonight, return tomorrow.

07 Keep Promises to Yourself

Self-trust is built the same way it is broken — one small promise at a time. Every habit you complete is a quiet vote for the man you are becoming.

Weekly Reflection

PAUSE EACH SUNDAY · REVIEW · ADJUST

Week One

BIGGEST WIN

BIGGEST CHALLENGE

WHAT DISTRACTED ME?

WHAT WILL IMPROVE NEXT WEEK?

Week Two

BIGGEST WIN

BIGGEST CHALLENGE

WHAT DISTRACTED ME?

WHAT WILL IMPROVE NEXT WEEK?

Week Three

BIGGEST WIN

BIGGEST CHALLENGE

WHAT DISTRACTED ME?

WHAT WILL IMPROVE NEXT WEEK?

Week Four

BIGGEST WIN

BIGGEST CHALLENGE

WHAT DISTRACTED ME?

WHAT WILL IMPROVE NEXT WEEK?

Final Reflection

DAY 30 · LOOK BACK, THEN FORWARD

What habit became automatic?

What changed the most?

What challenged me the most?

What am I most proud of?

Which habit will I continue after Day 30?

DISCIPLINE SCORE

Circle one number per category

Consistency	1	2	3	4	5	6	7	8	9	10
Focus	1	2	3	4	5	6	7	8	9	10
Sleep	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
Mindset	1	2	3	4	5	6	7	8	9	10
Overall Discipline	1	2	3	4	5	6	7	8	9	10

My Personal Discipline Rules

WRITTEN BY YOU, FOR YOU

The rules you discover for yourself will outlast any rules you are given.

01

02

03

04

05

06

07

08

09

10

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*Discipline isn't built in one extraordinary day.
It's built through ordinary choices repeated consistently.*

— RYAN GUPTA

Thank you for using this workbook.

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