



Prep Guide

1. Pick a Start Date: _____
2. Read each rule and familiarize yourself.
3. Print the tracking sheet to plan and track all progress.
4. Plan for the exercise rule. Pick the type of resistance exercises and aerobic exercises you will do. Make sure you have equipment, access, whatever is needed.

Resistance (muscle building exercises like training with weights, bands, machines, or body weight)

Aerobic (Cardio exercises like running, swimming, cycling, tennis)

5. Plan the skill or subject you'll spend 15 mins a day learning.
ex. learn a new language, an instrument, how to code, or learn about starting a podcast, publishing a book, launching a business.

6. Plan how you will track your water each day.
7. Join our email and social community to make this easier and more fun. Use #Well21 or tag @wellious.co to share your experience. Take pics and videos of you accomplishing your rules each day. This makes it fun and makes you more accountable.
8. Each week on the tracking sheet, plan out the daily task for the learn something new rule and exercise rule.
9. At the end of your 21 days, add up all of your checkmarks. Divide that number by 126. Move the decimal 2 spaces left and that is your percentage of success. Or go to www.wellious.co/well21-completion to calculate score