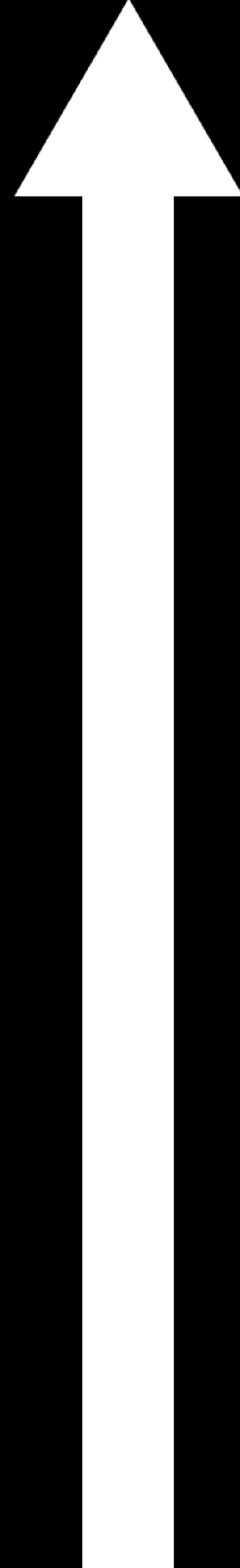
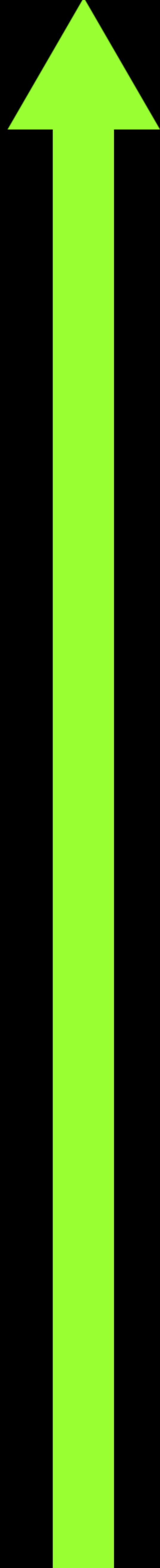
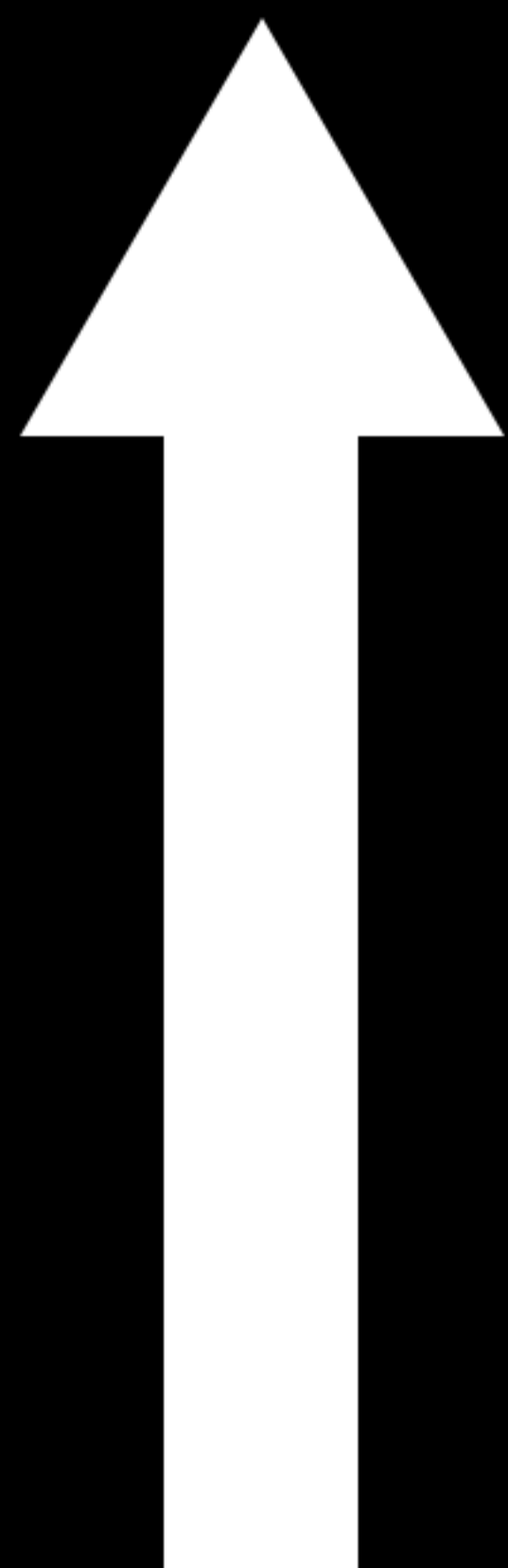


SIXTY SIX SIXTY SIX SIXTY SIX

CHALLENGE



#MINDSETBEATTALENT

SIXTYSIX

SIXTYSIX is a challenge which is developed to bring you to your next level in the next **66** days.

Why **66** days? Because that's approx. the time a human brain needs, to develop & establish new routines.

For athletes, routines have a vital role in their daily life. Either if you're at the beginning of your athletic journey or if you're already a professional athlete - a **Level Up** will not harm you, it will push you further to reach your vision & goals!

Use the first 33 days to develop your new habits and the second 33 days to consolidate them as a fixed component of your life!

Will you accept our **SIXTYSIX** challenge?

One **Level Up** every day.

Rules to follow

Sleep Routine

Sleep at least 6 hours & wake up before 8 AM.

Morning Routine

Establish a morning routine & don't use your phone or social media for 1h.

Excercise Routine

Move your body daily at least for 1h. This can also include stretching for recovery.

Reading Routine

Read at least 10 pages per day. Education, motivation, business, personal development.

Diet Routine

Learn what's good for you & stick to it. No alcohol, try to skip sugars, don't eat late.

Journal Routine

Daily journaling to track your progress, thoughts & feelings.

Escape **passivity**

**& take your
life into your
own hands!**

Preparation Tips.

In order to be prepared perfectly for the **SIXTYSIX** challenge, be sure to read through our tips.

1.

Set the goals you want to reach within this challenge. Take a blank piece of paper & write them down.

2.

Prepare a training plan for the timeframe & adjust it with your competitions.

3.

Research a few books that you want to read or focus on upfront. Only choose educational, personal development, business related or motivational books. They should bring you forward.

4.

Tell your partner or friends about the challenge so that they can support you. This could help you during tough times.

5.

If you're up for it - take videos or pictures & post it to make yourself accountable.

6.

Try to bring in meditation into your morning routine. This will activate your body & soul.

7.

If you struggle with establish all routines at once - take 6 as a goal & try to implement as many as possible per day. If a day only had 4 out of 6 - accept it and grow from the experience.

Simple Daily Tracker.

Below you'll find a easy template to track your challenge.
Mark every day when you've completed every task &
followed every rule.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

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Day 49

Day 50

Day 51

Day 52

Day 53

Day 54

Day 55

Day 56

Day 57

Day 58

Day 59

Day 60

Day 61

Day 62

Day 63

Day 64

Day 65

Day 66

Share Your Journey.

We'd love to see your journey & progress during your **SIXTYSIX** Challenge.

Feel free to use the hashtags
#sixtysixchallenge
#mindsetbeatstalent

and tag us on Instagram

[@lvl_up_sports](#)

LEVEL
UP

SPORTS MENTORING & CONSULTING
THE INDIVIDUAL WAY

Contact

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