



90-Day Challenge

I Promise to:

Eat 3 Keto Chows each day. The only exceptions are as follows:

- _ I can fast
- _ I can substitute a Keto Chow for a protein-heavy meal **up to 5** per week.

Not snack.

Workout at least 30 minutes a minimum of 3 days per week.

- _ Preferably a Bronson Dant workout, but not required (Bronson's workouts can be found by scanning the QR code below).

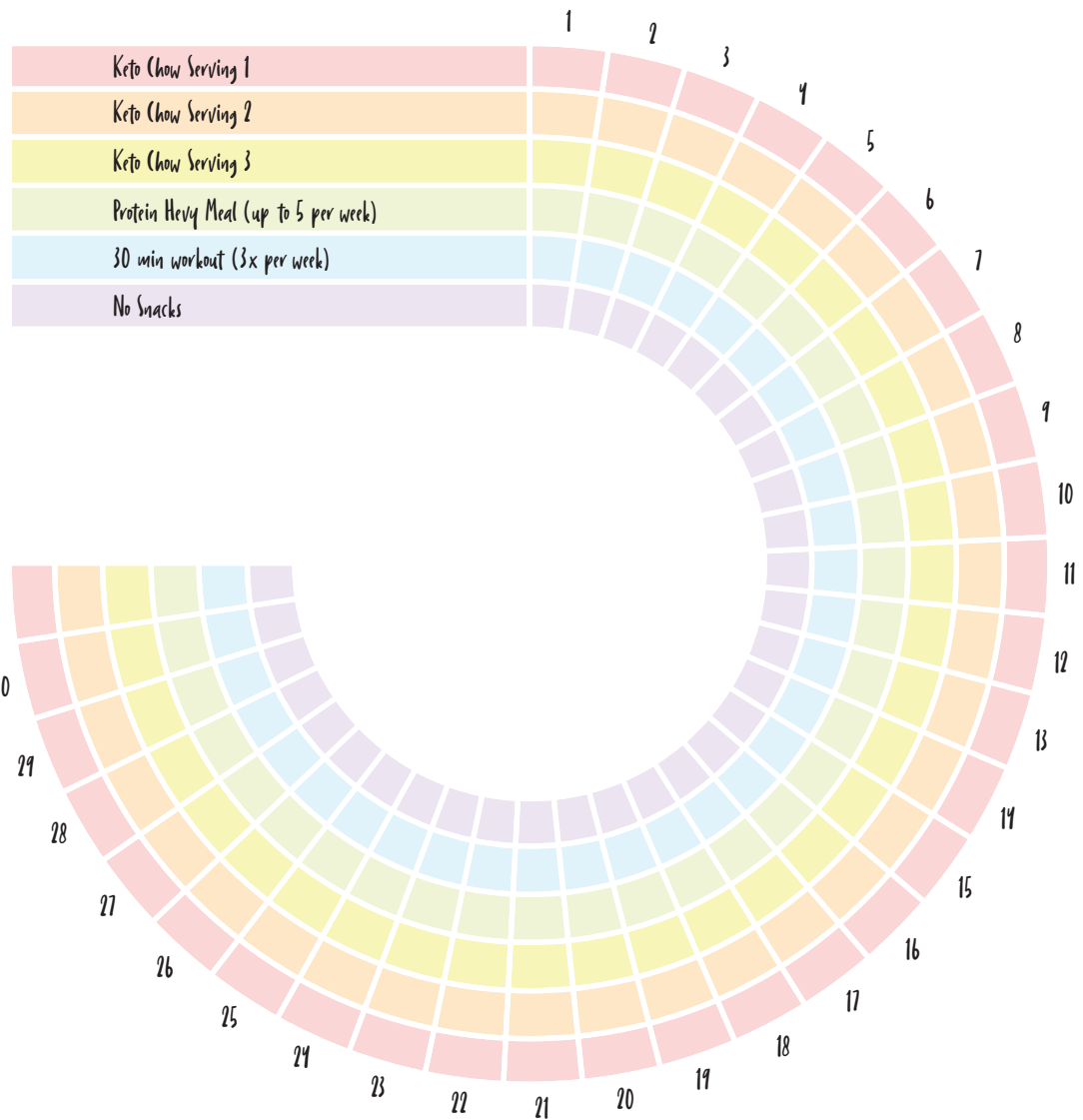
Track my progress. (Mark the chart to the right each day)

Report to my accountability partner regularly.

My accountability partner

My accountability incentive

Signature



“Being specific about what you want and how you will achieve it helps you say no to those things that derail progress, distract your attention, and pull you off course.”

— James Clear, **Atomic Habits**