The ✕ Chain

The absolute best and most effective form of fitness motivation and tracking happens to be one of the most simplistic. It's been around for ages and used for many different types of endeavors. Using a calendar, Mark an X for each day that you complete a goal or task. If you miss a day, you break the chain. The human mind thrives on this game-like challenge. You will find yourself grinning with a sense of achievement each time you draw an "X" or feeling a little guilt and defeat if you have to draw the dreaded "Red X". Put this chart up where you can see it each day and **Don't Break The Chain**.

Instructions:

Enter your name in this area.

Enter your mission or goal in this area.

Twenty: 20 days is less than one month and, therefore, is not as intimidating. 20 is a breakout number that is perfect for goal setting. 20 is also the number of quarter or half turns required to optimally solve a Rubik's Cube.

Empty Boxes: You'll notice that the boxes are not labeled with dates or days. You should label them with the information that best suits your fitness goals. Or, leave them blank and let them shine with glorious black X's.

Black X: Draw a black X in the box if you complete a workout or goal.

Red X: Draw a red X in the box if you miss a day, forget to workout, or fail to complete your goal.

How To Win: Finish all 20 blocks with 100% **Black X's.**

Don't Break The Chain