



www.winwithflynn.com

31 Easy™ Daily Journal

✅ Complete the following, daily, for 31 days. If you miss a day, you start over. Or just quit.

- ☐ Drink 31 ounces of water when you first wake up
- ☐ Workout for 31 minutes
- ☐ Read 3.1 pages of a book. An actual book.
- ☐ Follow a diet
- ☐ Document each day on the 31 Easy™ Journal

Date: _____

31 Easy Progress (day 1, 2, 3...31): _____

💧 Wake-up water? YES / NO

🏋️ Work out details (activity, reps, sets, total time, etc.):

How difficult was this workout? _____

📖 Reading details (book, pages read, thoughts, ideas):

🍽️ Meals Detail:

Breakfast _____

Lunch _____

Dinner _____

Snack _____

Be honest, did you cheat? YES / NO

📝 Overall vibe check (How is it going?):

If you fail, return to <https://www.winwithflynn.com/31Easy> and pay Dave his five dollars.