90 Day Challenge

One goal, three months, a few daily actions.



WHY IT HELPS

A 90 day challenge gives you three months to work toward one health goal through a few daily actions. Write the goal, choose actions you can record and give each day a place on the grid. The monthly check ins create regular points to look back and adjust your plan.

HOW TO USE IT

Set one goal	Something that matters to your health, agreed with your doctor if you can.
Pick up to three actions	Small, daily and in your control.
Mark the grid daily	One row per action, one column per day.

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Make the plan smaller at a check in if you fall behind.

Example: Dev's 90 days

Goal

Be more active and eat better before my three month blood test.

Actions

1. Walk 30 minutes. 2. A vegetable with dinner.

Check ins

Day	Walk days in block	Vegetable days in block	Average steps
30	21 of 30	25 of 30	5,500
60	22 of 30	26 of 30	6,500
90	23 of 30	27 of 30	7,000

Totals

Walk 66 of 90. Vegetable 78 of 90. Steps about 4,000 at the start.

My 90 day goal

My goal

Why it matters to me

Actions

Action	Minimum on bad days	When

Start date and day 90 date

Who can support me

What I will measure (optional)

My 90 day grid

Grid

Days 1 to 30

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Action 1																														
Action 2																														
Action 3																														

Days 31 to 60

	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
Action 1																														
Action 2																														
Action 3																														

Days 61 to 90

	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
Action 1																														
Action 2																														
Action 3																														

Key

Check: completed action. M: smaller version. Blank: missed day.

Weekly notes

Weeks

Week	Dates	What helped	What got in the way
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			

Check ins

Check ins

Day	Action 1 days	Action 2 days	Action 3 days	Measure	Change for next month
30					
60					
90					

What I will change for the next block

90 day challenge review

What changed

Next step

- [ ] Keep the same plan
- [ ] Add a new action
- [ ] Set a new goal
- [ ] Stop

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.