

■ December Desk Challenge Calendar ■

Your 5-Minute Reset Routine: Desk Push-Ups • Chair Squats • Calf Raises • Standing Stretches

Complete 4 resets daily at 8 AM, 10 AM, 12 PM, and 2 PM. Track your energy levels (1-10) before and after each reset!

Week 1 (Dec 01 - Dec 06)

Week 1: 'The secret of getting ahead is getting started.' - Mark Twain

Date	8 AM	10 AM	12 PM	2 PM	Energy Before	Energy After	Notes
Dec 01 Monday							
Dec 02 Tuesday							
Dec 03 Wednesday							
Dec 04 Thursday							
Dec 05 Friday							
Dec 06 Saturday							

Weekly Goal:		Wins of the Week:

Weekly Reflection: *How did your body feel this week?*

Week 2 (Dec 07 - Dec 13)

Week 2: 'Small daily improvements are the key to staggering long-term results.'

Date	8 AM	10 AM	12 PM	2 PM	Energy Before	Energy After	Notes
Dec 07 Sunday							

Date	8 AM	10 AM	12 PM	2 PM	Energy Before	Energy After	Notes
Dec 08 Monday							
Dec 09 Tuesday							
Dec 10 Wednesday							
Dec 11 Thursday							
Dec 12 Friday							
Dec 13 Saturday							

Weekly Goal:		Wins of the Week:

Weekly Reflection: *What time of day worked best for your resets?*

Week 3 (Dec 14 - Dec 20)

Week 3: 'You're not just building a habit, you're becoming the person who shows up.'

Date	8 AM	10 AM	12 PM	2 PM	Energy Before	Energy After	Notes
Dec 14 Sunday							
Dec 15 Monday							
Dec 16 Tuesday							
Dec 17 Wednesday							
Dec 18 Thursday							
Dec 19 Friday							

Date	8 AM	10 AM	12 PM	2 PM	Energy Before	Energy After	Notes
Dec 20 Saturday							

Weekly Goal:		Wins of the Week:

Weekly Reflection: *What wins can you celebrate this week?*

Week 4 (Dec 21 - Dec 27)

Week 4: 'Finish strong! You've come this far, don't stop now.'

Date	8 AM	10 AM	12 PM	2 PM	Energy Before	Energy After	Notes
Dec 21 Sunday							
Dec 22 Monday							
Dec 23 Tuesday							
Dec 24 Wednesday							
Dec 25 Thursday							
Dec 26 Friday							
Dec 27 Saturday							

Weekly Goal:		Wins of the Week:

Weekly Reflection: *How has your energy changed?*

Week 5 (Dec 28 - Dec 31)

Week 5: 'December Warrior in the making! Every reset counts.'

Date	8 AM	10 AM	12 PM	2 PM	Energy Before	Energy After	Notes
Dec 28 Sunday							
Dec 29 Monday							
Dec 30 Tuesday							
Dec 31 Wednesday							

Weekly Goal:		Wins of the Week:

Weekly Reflection: *What will you carry into the new year?*

■ Badge System ■

Badge	Requirement	Status
■ Getting Started	Complete 10 resets	
■ Building Momentum	Complete 20 resets	
■ December Warrior	Complete 30+ resets	

■ Pro Tips for Success

- ✓ Set phone alarms for 8 AM, 10 AM, 12 PM, and 2 PM
- ✓ Block calendar time as 'CEO Health Breaks' - non-negotiable!
- ✓ Find an accountability partner and text after each reset
- ✓ Track energy levels honestly - you'll see the difference!
- ✓ Celebrate small wins - completed all 4 resets? Victory dance!
- ✓ Print this tracker and keep it visible on your desk
- ✓ Use outlined checkboxes (■) - just fill them in when complete

Remember: This isn't about perfection - it's about progress. Every reset counts. Every checkbox matters. You've got this! ■