

ROCK TOBER

THE 1% ROCKY CHALLENGE

This month we are going to challenge you to step into the ring with your biggest opponent, yourself! All great champions know in order to stay on top you have to stay hungry and keep improving. Improving not just your strengths, but more importantly your weaknesses. When stepping in the ring against yourself you want to be able to out last and be better then the person you were yesterday.

In each Rocky movie, Rocky was always faced with an opponent, a life challenge, and/or a self-belief obstacle. He was able to overcome these challenges by training hard and training differently. Rocky had to become more to have more.

The 1% Rocky Challenge is about you doing something 1% differently everyday for 1 month to become more. One percent of your day is only 15 minutes. Your challenge is to add a new healthy habit to your day that will help you out perform the old you, and become the new champion of your life.

Some ideas:

15 minutes of exercise, reading something positive, clean out your office, research a goal, meal prep

Write in the box when you complete your 1%.

ROCKTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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	31			



UNDERGROUND
MARTIAL ARTS & FITNESS CENTER

www.martialartssewellnj.com • 856-629-2005