

Name

Start Date

**THE  
CHEETAH CLUB  
RUNNING CLUB**  
**DAILY BRAVE STEP TRACKER**  
**FEAR LESS WITH EACH SMALL STEP YOU TAKE FORWARD**



This is week 1 of the challenge. Try and take a brave step forward every day this week.  
It could be going for a walk, a run or doing a Cheetah Club Summer Moves workout!  
Go for it! You can do this! I believe in you!

DAY	Brave Step Today?	What did you do? What did you learn? How did you feel before and after?
1		
2		
3		
4		
5		
6		
7		

You did it! Well done!

However the week goes, just keep going! Remember it is about progress, not perfection.

At the end of the week look back at how far you have come and be proud of yourself!

Now it's time for week 2! :)

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DAY	Brave Step Today?	What did you do? What did you learn? How did you feel before and after?
8		
9		
10		
11		
12		
13		
14		

You did it! Well done!

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Now it's time for week 3! :)

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DAY	Brave Step Today?	What did you do? What did you learn? How did you feel before and after?
15		
16		
17		
18		
19		
20		
21		

You did it! Well done!

However the week went, you kept going! Remember it is about progress, not perfection.

Look back at how far you have come over the 3 weeks and be proud of yourself!

Congratulations!! Now make sure you continue this positive habit and see how far you can go!



# THE CHEETAH CUB RUNNING CLUB



## BRAVE STEPS FEAR LESS CHALLENGE

Send your completed habit trackers to:

[fearless@philiplaslett.com](mailto:fearless@philiplaslett.com)

- Participation Certificate for everyone!
- Completion Certificate and message from the author Philip Laslett for being consistent every day for the 21 days! :)

## ENJOY EXERCISE, EXPRESS YOUR CREATIVITY & BELIEVE IN YOURSELF!