

LEVITICUS RICH

**BLB**

BETTER LIFE  
BLUEPRINT

**MONTH 1**

PILLAR OF HEALTH  
ACTION PLAN

# Building the Pillar of Health

## 30-Day Action Plan

For the next 30 days, your objective will be to build up your Pillar of Health. Understand that creating this pillar will not end after the 30-day period. These initial 30 days are intended to help you build the foundation. However, once the 30 days are complete, don't fall of the wagon. Continue the habits you've developed during this first month as you move to the following pillars.

With that being said, the following action steps are meant to be done *in order* and are designed to take you from where you currently are to the next level.

If you need help, please don't hesitate to DM or email me. And, if you're a part of the one-on-one sessions, we'll go over this and what to expect together.



# Building the Pillar of Health

## 30 Day Action Plan

- 1) Choose to commit to the **bodyweight routine** or one of the gym routines provided (you may also use a custom routine if you have one).
- 2) **DO NOT** change the routine for the next 30 days
- 3) Exercise **3x a week** for the next **30 days**. No more and no less. Even if you get excited to do more, don't. Consistency is what matters. And often, people get excited initially but quickly burn out. Save the excitement for the following workout.
- 4) **Log your reps and sets**. Even if you don't improve or if you backtrack, log it. This is extremely important!
- 5) Download the [MyFitnessPal App](#) on your smartphone.

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## 30 Day Action Plan

6) Track **all** of your meals for the **next 30 days**.

7) **Share and send your results** via DM to me after 30 days

8) Ask for help if you need it via DM

9) Do not progress to the action steps of the other Pillars until the 30 days are up. To truly build up this habit, it's best to focus on one pillar at a time and give it your undivided attention until it becomes natural. Once it's more natural and you build a habit, you can move to the next pillar.