

My Results: 30-Day Challenge

By YukiAnna Dela Cruz



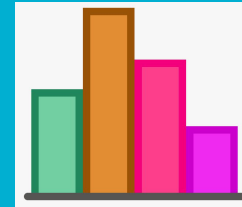
Goal : Wake up at 6:00 AM to promote a healthy & productive lifestyle

Measurement divided into 3 parts : Starting Point / Process / End Point

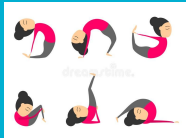


Journalizing Methods (Collecting Data) :

Alarm, App Tracking record



Flexibility : did not complicate it because of weather, but flexible with saturday and



sunday because responsibilities of a student

Multiple ways of assessing your goal : journal / accountability partners / say no to

the snoozing option



Goal : Wake up at **5:30 AM** to promote a healthy & productive lifestyle

— Measurement divided into 3 parts : 1st 10 dys. / 2nd 10 dys./ 3rd 10 dys.

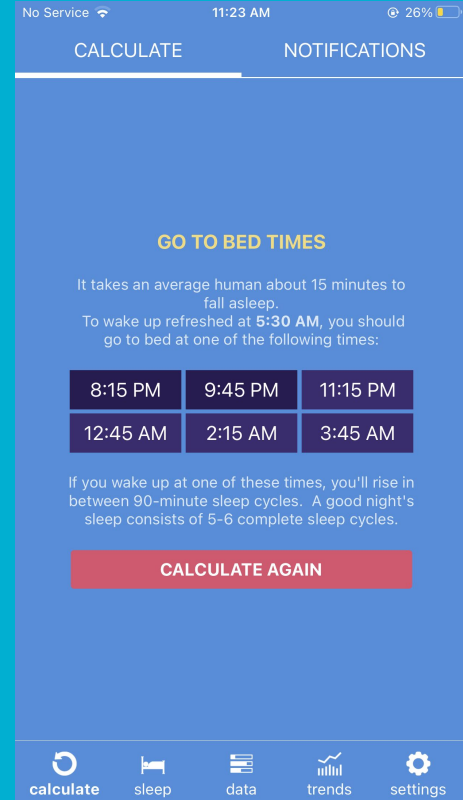
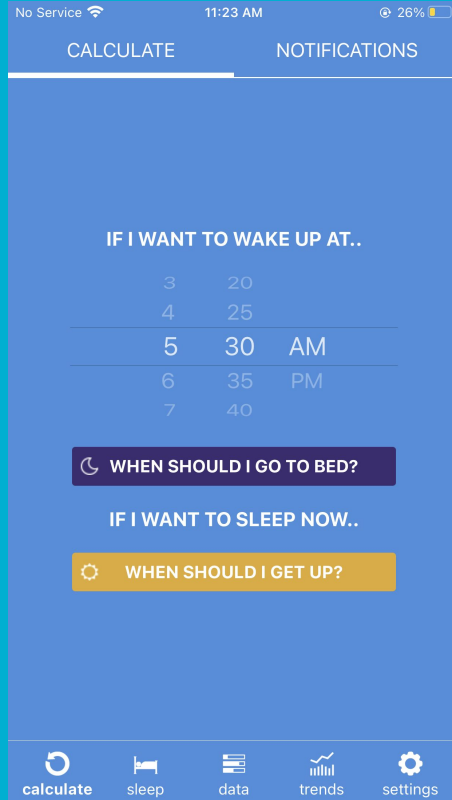
Journalizing Methods (Collecting Data) :

Alarm, Sleep Calculator Pro, Checkoff List, Journal Book

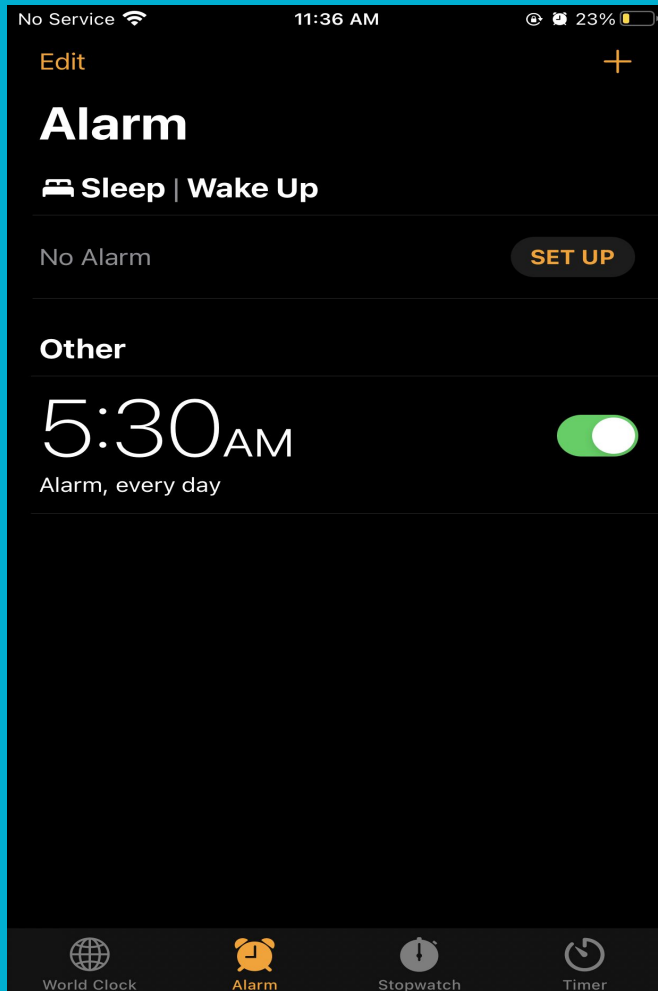
Flexibility : did not complicate it because of weather, but flexible with saturday and
sunday because responsibilities of a student

Multiple ways of assessing your goal : **reward/ accountability partners / say no to the
snoozing option**

Sleep Calculator Pro



Alarm



DATE

friday
September 18, 2020

Saturday
September 19, 2020

Sunday
September 20, 2020

Monday
September 21, 2020

Tuesday
September 22, 2020

Wednesday
September 23, 2020

Thursday
September 24, 2020

Friday
September 25, 2020

Saturday
September 26, 2020

TIME

(PM) (AM)
8:00 - 6:00

8:00 - 6:00

8:00 - 6:00

8:00 - 6:00

8:15 - 5:50

8:20 - 5:50

8:18 - 5:48

8:14 - 5:48

8:15 - 5:40

TIME

8:20 - 5:40

8:20 - 5:40

8:18 - 5:30

8:14 - 5:30

8:15 - 5:30

8:15 - 5:30

8:20 - 5:40

8:20 - 5:40

8:15 - 5:30

DATE

Sunday
September 27, 2020

Monday
September 28, 2020

Tuesday
September 29, 2020

Wednesday
September 30, 2020



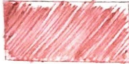
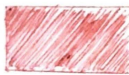




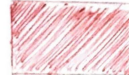
Thursday
October 1, 2020


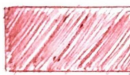

Friday
October 2, 2020

Saturday
October 3, 2020

Sunday
October 4, 2020

Monday
October 5, 2020

	DATE	TIME
	tuesday October 6, 2020	(PM) (AM) 8:16 - 5:30
	wednesday October 7, 2020	8:17 - 5:30
	thursday October 8, 2020	8:18 - 5:30
	friday October 9, 2020	8:18 - 5:30
	saturday October 10, 2020	8:18 - 5:30
	sunday October 11, 2020	8:18 - 5:30
	monday October 12, 2020	8:18 - 5:30
	tuesday October 13, 2020	8:18 - 5:30
	wednesday October 14, 2020	8:18 - 5:30

	DATE	TIME
	thursday October 15, 2020	8:18 - 5:30
	friday October 16, 2020	8:18 - 5:30
	saturday October 17, 2020	8:18 - 5:30

Journal Book

JOURNAL LOG

Sep.18 - 27

Having already adjusted to the original schedule (8AM-6PM), changing the sleep schedule (8:15AM-5:30PM) was challenging. I had to do so because of our new family pet. Every morning I had to wake up so the family puppy could finish his business outside. Some days, I would sleep in and forget to take my puppy outside. The days I do wake up early allow me to be productive throughout the day.

Sep. 28 - Oct. 7

It became much easier in these 10 days. I slowly got used to it. There were some days that I had failed, but one small success is completing this challenge for at least 3 days (Oct. 1-2, 5).

Oct. 8 - 17

I have successfully managed to complete this challenge by waking up as scheduled (8:15AM-5:30PM) the last 10 days. In fact, I did not need an alarm the last 5 days out of the 10 last days. I woke up on my own. Reflecting back, I am proud of myself. It took me 50 days until I got into the habit of waking up early. Although it took time, I got through it with determination and a positive attitude.

3 things I learned

1 | Success takes time

In order to achieve the full joy of success, you must perfect it to the best of our ability.

2 | Determination results in success

We must be motivated constantly. I was motivated by my mental and physical health.

3 | Take pride in the little accomplishments

I was able to succeed by taking baby steps. I did so in order to attain the prize.

3 things I want to improve on

1 | Become more aware

I need to be flexible with using technology. I must easily adapt to the changes.

2 | Experiment

Trial and error

3 | Research on what can better my results

Should have done research on what makes me fall asleep faster, keep my focus, and be informed.

Failure
is not the
opposite
of success;
it's part
of success.

Arianna Huffington



SUCCESS

IF AT FIRST YOU DON'T SUCCEED, REDEFINE SUCCESS AND
CELEBRATE YOUR VICTORY.