

The 'AFC 3' and 'Limitless 8' Checklist

Challenge		Week 1: Jan 2-8							Week 2: Jan 9-15						
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
LIMITLESS 8	AFC 3	The <i>Sleep</i> Challenge													
		The <i>Breath</i> Challenge													
		The <i>Water</i> Challenge													
		The <i>Heat</i> Challenge													
		The <i>Cold</i> Challenge													
		The <i>Fast</i> Challenge													
		The <i>Endure</i> Challenge													
		The <i>Mind</i> Challenge													

Challenge		Week 3: Jan 16-22							Week 4: Jan 23-29						
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
LIMITLESS 8	AFC 3	The <i>Sleep</i> Challenge													
		The <i>Breath</i> Challenge													
		The <i>Water</i> Challenge													
		The <i>Heat</i> Challenge													
		The <i>Cold</i> Challenge													
		The <i>Fast</i> Challenge													
		The <i>Endure</i> Challenge													
		The <i>Mind</i> Challenge													

#theafc3 #chasingthe3

#afclimitless8 #chasingthe8