

BECOMING NEW MAN

The 30-Day New Man Challenge

30 days. 30 actions. One man — better.

DAY 01

Wake Early

Wake at 6:00 AM. No snooze. Sunlight on your face within 10 minutes.

DAY 02

Hydrate First

Drink 500ml of water before coffee. Repeat each morning this month.

DAY 03

Move 30 Minutes

Walk, lift, or run for 30 minutes. Non-negotiable.

DAY 04

Cold Exposure

End your shower with 60 seconds of cold water.

DAY 05

Kill One Distraction

Delete one app stealing your attention. Today.

DAY 06

Read 10 Pages

Read 10 pages of a book that sharpens you. No fiction this month.

DAY 07

Write Three Wins

Before bed, write three things you executed well.

DAY 08

Strength Day

5 sets of push-ups, squats, and pull-ups. Push the last set to failure.

DAY 09

Eat Real Food

No processed food today. Meat, eggs, vegetables, fruit, water.

DAY 10

Track Your Money

Open every account. Write down net worth. Face the number.

DAY 11

No Complaints

24 hours. Zero complaints out loud or in writing.

DAY 12

Call A Man

Call a brother, father, or friend. Ten minutes. No texting.

DAY 13

Discipline Walk

60-minute walk. No phone. No music. Just you and your thoughts.

DAY 14

Skill Hour

One hour on a skill that earns or builds. No passive consumption.

DAY 15

Halfway Audit

Review the first 14 days. What broke? What held? Write it down.

DAY 16

Protein Target

Hit 1.6g of protein per kg of bodyweight. Track every gram today.

DAY 17

Posture Reset

Every hour today, stand tall. Shoulders back. Chest open.

DAY 18

Cut One Vice

Pick the worst one. Cut it for the remaining 13 days.

DAY 19

Plan Tomorrow

Write tomorrow's three priorities tonight. Execute them first.

DAY 20

Sweat Hard

Train until your shirt is soaked. No half measures.

DAY 21

Digital Sabbath

Phone off for 4 waking hours. Read, train, build, or be present.

DAY 22

Confront Something

One uncomfortable conversation you've avoided. Have it today.

DAY 23

Save Something

Move money to savings or investments. Any amount. Build the habit.

DAY 24

Help A Man

Help one man with something hard. Expect nothing back.

DAY 25

Sleep By 10

Lights out by 10 PM. No screens for the hour before.

DAY 26

Long Training

90-minute workout. Combine strength and cardio. Earn your dinner.

DAY 27

Stand For Something

Write down three principles you refuse to break. Keep them visible.

DAY 28

Cold Plunge

3 minutes in cold water. Breathe through it. This is who you are now.

DAY 29

Teach What You Know

Share one lesson you learned this month with someone younger.

DAY 30

Begin Again

Plan the next 30 days. The standard is set. Do not regress.

YOU FINISHED.

The standard is set. Do not regress.

Continue at [becomingnewman](#).