

90-Day Personal Living Strong Project

A Simple Blueprint to Stay Strong and Healthy

This checklist is designed to help you create a simple, structured plan to improve your strength, mobility, and overall well-being over the next 90 days. Consistency, not intensity, is the key. Follow these steps and build a foundation for a healthier life.

Checklist for Success

1. Martial Arts Training (2x per week)

Engage in structured martial arts practice to develop discipline, mobility, and mental resilience.

2. Daily Movement (15-30 min)

Walk, stretch, or do light mobility exercises to keep your body active.

3. Strength Training (2-3x per week)

Use bodyweight, resistance bands, or light weights to maintain muscle.

4. Prioritize Rest & Recovery

Aim for 7-8 hours of sleep each night for muscle repair and health.

5. Stay Hydrated & Eat Well

Drink water and eat whole foods, lean proteins, and nutrient-rich vegetables.

6. Mental & Emotional Well-Being

Engage in meditation, journaling, or activities that bring joy and reduce stress.

7. Track Your Progress

Log your movement, meals, and well-being. Small daily steps lead to big results.

Need Help Getting Started?

If you would like guidance or support with your 90-Day Personal Living Strong Project, email me at peterliciaga@gmail.com. Let's build your plan together!