[HARD MONTH · 30 DAYS · 90 PIECES]

Hard is the month, not the bite.

One piece, thirty minutes, after every meal. Fill a diamond for each session. When one piece no longer feels like work, make it two and note the day.

DAY	BREAKFAST	LUNCH	DINNER	TWO
01	◇	◇	◇	–
02	◇	◇	◇	–
03	◇	◇	◇	–
04	◇	◇	◇	–
05	◇	◇	◇	–
06	◇	◇	◇	–
07	◇	◇	◇	–
08	◇	◇	◇	–
09	◇	◇	◇	–
10	◇	◇	◇	–
11	◇	◇	◇	–
12	◇	◇	◇	–
13	◇	◇	◇	–
14	◇	◇	◇	–
15	◇	◇	◇	–
16	◇	◇	◇	–
17	◇	◇	◇	–
18	◇	◇	◇	–
19	◇	◇	◇	–
20	◇	◇	◇	–
21	◇	◇	◇	–
22	◇	◇	◇	–
23	◇	◇	◇	–
24	◇	◇	◇	–
25	◇	◇	◇	–
26	◇	◇	◇	–
27	◇	◇	◇	–
28	◇	◇	◇	–
29	◇	◇	◇	–
30	◇	◇	◇	–

Judge it at minute 25, not second ten. The shell cracks, the mass warms, then it holds. Thirty days later, the work is in the muscle.