

## Marginal Gains: Day 1



### Introduction

Thank you for attending Cognacity's recent PuP webinar. In that session you were invited to identify a marginal gain which you could commit to. The objective now is to experiment with a marginal gain to see if it makes a difference to your health, wellbeing or performance.

What do you want to do next?

 [Marginal Gains challenge resource](#) ▶

 [Summary of the PUP session](#) ▶

### Identifying your Marginal Gain:

What ideas for Marginal Gains did you leave the webinar with?

*Note down some of the broad ideas you had during the webinar.*

What is the marginal gain that you would like to prioritise over the next week?


*My marginal gain commitment in specific and action-oriented terms is:*

 [Identify a Marginal Gain](#) ▶

### Understanding the 'why':

- Why does this Marginal Gain matter to you?
- What benefit do you anticipate?
- Which of your values does your Marginal Gain relate to?

*Note down some of your responses to the questions above.*

 [Link Marginal Gains to your values](#) ▶

### Implementation intention:

*"During the next week, I will [INSERT YOUR MARGINAL GAIN BEHAVIOUR] on [DAY] at [TIME] in [PLACE]."*

You can find out more information on how to do your 21 day challenge on our webpage.

[VISIT WEBPAGE](#)