

Marginal Gains: Day 7



Introduction

This exercise is designed to help you review your marginal gain experiment.







Q1.

Did you try out your Marginal Gain?

If yes, what results did you notice? If no, what got in the way?

Note down the results you noticed and the obstacles you experienced.

What would you like to do next?

1.  Learn how to build effective habits 
2.  Try out a different Marginal Gain 
3.  Design a high performance routine 
4. Nothing. I'm done for now.

If you have any questions about your 7-day challenge, please contact Jake Lovelock at j.lovelock@cognacity.co.uk