



GROBO 30-DAY



CHALLENGE

GROBO-30 COMMITMENT CONTRACT

Participant Name: _____

Start Date: _____

I, _____, commit to the GROBO-30 Challenge because I believe in the power of self-improvement and confidence. Over the next 30 days, I pledge to:

- ☒ Follow the daily challenge outlined in the GROBO-30 program.
- ☒ Stay consistent and give my best effort each day.
- ☒ Hold myself accountable and track my progress.
- ☒ Seek motivation and support when needed instead of giving up.
- ☒ Celebrate small wins and stay focused on the bigger goal.

I understand that this journey is for my personal growth and well-being, and I commit to seeing it through to the end. I also acknowledge that a great prize awaits those who complete the challenge successfully!

By signing this contract, I make a promise to myself to stay dedicated, push through challenges, and become the best version of me.

Signature: _____

Date: _____

Please drink at least 2 liters
of water every day.

GROBO-30

DAY 1 ☐	DAY 2 ☐	DAY 3 ☐	DAY 4 ☐	DAY 5 ☐
<i>Take a deep cleanse bath (focus on sweat-prone areas)</i>	<i>Drink detox water (lemon + cucumber + mint)</i>	<i>Please wash all your dirty clothes</i>	<i>Wash your shoes or put it out in the sun</i>	<i>Exfoliate: scrub everywhere to remove dead cells</i>
DAY 6 ☐	DAY 7 ☐	DAY 8 ☐	DAY 9 ☐	DAY 10 ☐
<i>SHAVE!!!!!!</i>	<i>Eat healthy food only. NO SUGAR!</i>	<i>Drink detox water (lemon + cucumber + mint)</i>	<i>Gently scrub sweat-prone areas with lime</i>	<i>Please wash your bedsheets, pillowcase, and towel.</i>
DAY 11 ☐	DAY 12 ☐	DAY 13 ☐	DAY 14 ☐	DAY 15 ☐
<i>Have a lemon bath</i>	<i>Eat an apple</i>	<i>I hope you are brushing your teeth twice daily???</i>	<i>SHAVE!!!!!!</i>	<i>Start Your Day With Gratitude. You are doing very well.</i>
DAY 16 ☐	DAY 17 ☐	DAY 18 ☐	DAY 19 ☐	DAY 20 ☐
<i>Exfoliate: scrub everywhere to remove dead cells</i>	<i>Please wash your clothes, pillowcase, sheets, and towel</i>	<i>Go somewhere good today. Don't forget to wear perfume.</i>	<i>I hope you are still brushing your teeth twice daily???</i>	<i>Drink detox water (lemon + cucumber + mint)</i>
DAY 21 ☐	DAY 22 ☐	DAY 23 ☐	DAY 24 ☐	DAY 25 ☐
<i>SHAVE!!!!!!</i>	<i>Have a lemon bath</i>	<i>Gently scrub sweat-prone areas with lime</i>	<i>Please wash your clothes, pillowcase, sheets, and towel</i>	<i>Engage in Self-Reflection: Is there any improvement?</i>
DAY 26 ☐	DAY 27 ☐	DAY 28 ☐	DAY 29 ☐	DAY 30 ☐
<i>Drink detox water (lemon + cucumber + mint)</i>	<i>Exfoliate: scrub everywhere to remove dead cells</i>	<i>SHAVE!!!!!!</i>	<i>Home Facials (Spa day)</i>	<i>Home pedicure.</i>

A CLEAN REWARD ~ GET CLEAN. GET REWARDED.

How to enter:

Day 1: Take a photo of yourself doing one of your habits, holding up a piece of paper with that day's date written on it. Post it on Instagram, tag us at @GROBBYISCAH, and use the hashtag #THEGROBOCHALLENGE.

Day 30: Take the same kind of photo, dated for that day, and post it too.

In your caption on both posts, tell us a bit about your experience. Some things you could write about:

- What was the hardest habit to keep up with?
- What changed for you after 30 days?
- Did anyone notice a difference in you?

Include your name and age in the caption as well.

Everyone who posts their Day 1 and Day 30 photos, 30 days apart, with a completed checklist, goes into a draw to win a surprise GROBO prize.

Want the bigger reward? Go for the full streak.

If you post a photo every single day for all 30 days, not just Day 1 and Day 30, you're automatically entered for a bigger prize. This is for the kids who don't just start the challenge; they finish it, out loud, every day, in front of everyone. That kind of consistency deserves a bigger reward, and we mean it.

Want to know the "why" behind everything on this checklist, plus the fun facts, tricks, and stories that go with it? Read [The Fresh Code](#) on our website.