



PAT IVEY PERFORMANCE

FREE HABIT TRACKER

THE VOTE TRACKER

Every session is a vote for the athlete you still are. Thirty days of votes, on one page. Print it, post it, fill it in.

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READ THIS FIRST

HOW THE VOTE TRACKER WORKS

You're not chasing a streak for its own sake. Each box you check is **a vote for the person you're becoming** — someone who trains. Cast enough votes and the identity stops being a goal and starts being a fact.

THE RULES

1. A check = you showed up, even small. Completion beats intensity. 2. Miss a day? It's a comma, not a period — fill the next box, don't restart. 3. Aim for the *minimum effective dose* first (1-2 quality sessions/week), then build.

FIRST, NAME THE ATHLETE

Fill these in before you track a single day. This is your why — the thing each vote is *for*.

I am someone who...
My 30-day finish line:
My training time is:
My accountability person:

THE FIVE DAILY VOTES

Track these five. The first two are the non-negotiables from GO — one for the body, one for the mind. The rest support them.

- **Moved** — a workout, even a short one (the body vote)
- **Reset** — ran the "Where are you? Right here, right now." reset at least once (the mind vote)
- **Fuel** — ate and hydrated like an athlete today
- **Sleep** — protected your recovery (your 7-ish hours)
- **Why** — read or said your reason out loud

WHERE ARE YOU? **RIGHT HERE, RIGHT NOW.** SO GO.

ONE PAGE · 30 DAYS

THE 30-DAY VOTE GRID

Check a box each day you cast that vote. Tally the row at the end. Don't aim for perfect — aim for *most*.

Daily Vote	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	✓ Total
MOVED (BODY)																															
RESET (MIND)																															
FUEL																															
SLEEP																															
WHY																															

CURRENT STREAK

Longest run of days with your **Moved** or **Reset** vote: _____ days

A streak is momentum you can feel. Protect it — but if it breaks, the next box rebuilds it.

WEEKLY CHECK-IN

Wk 1 votes: _____ Wk 2: _____ Wk 3: _____ Wk 4: _____

One honest win this week: _____

END OF 30 DAYS

Count your votes. Whatever the number, you are measurably more "an athlete who trains" than you were a month ago. Now run it back — or step into the full 6-Week Course and put structure around it.

EVERY SESSION IS A VOTE. CAST THE NEXT ONE. **SO GO.**