

# PART 0 START

Baseline truth + Time Orientation

## WEEK 0 · START

### BASELINE SELF-ASSESSMENT

You can only start from the truth. Measure it honestly — the humbling number is the gift. Write today's date; everything moves forward from here.

TODAY'S DATE

#### THE BODY

| MARKER | WHAT YOU DID TODAY | RESULT / NUMBER |
|--------|--------------------|-----------------|
|        |                    |                 |
|        |                    |                 |
|        |                    |                 |
|        |                    |                 |

Suggested markers: a strength pattern (push-ups to honest fatigue, a squat hold), one easy conversational conditioning piece (timed walk/jog/row), bodyweight, resting feel.

#### THE MIND

ON A SCALE OF 1-10, HOW PRESENT (VS. LIVING IN THE PAST/FUTURE) DO YOU FEEL ABOUT TRAINING RIGHT NOW?

WHICH THIEF STEALS MORE OF YOUR PRESENT — REGRET (THE ATHLETE YOU WERE) OR ANXIETY (THE BODY YOU FEAR YOU WON'T GET BACK)?

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

# THE “WHY NOW” STATEMENT

Your first honest draft. We sharpen it in Week 1 — for now, just get it down.

**WHY AM I DOING THIS, NOW? (ONE LINE)** *first draft — don't overthink it*

**FIRST PRINCIPLE**

You can only start from the truth. Not from who you were at your best — from who and where you are today.

**THE ATHLETE I STILL AM, IN ONE SENTENCE:** *every session is a vote for this person*

**GO — YOUR ACTION**

Take your honest baseline today, then log it above and write the date.

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

# "WHERE ARE YOU?" CHECK-IN LOG

The rep: catch the drift, ask the question, give the answer. Log your reps this week — ten a workout is normal at first.

| DATE | WHERE MY MIND DRIFTED (PAST / FUTURE) | I REPLACED IT WITH... | ✓ |
|------|---------------------------------------|-----------------------|---|
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WHERE ARE YOU? **RIGHT HERE, RIGHT NOW.** SO GO.