Date: ..../..../.....

(M) (T) (W) (T) (F) (S) (S)

Extension Day ___

SIX PILLARS: DAILY STANDARDS

- ◯ 45-Min Workout
- ◯ 15-Min Mobility
- ◯ Clean Metric
- ◯ 3 L Water
- ◯ 20-Min Mind Fuel
- ◯ Written Takeaway
- ◯ Blueprint Log Complete
- ◯ 5-Min Friction Task

TODAY'S PRIORITIES

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

TODAY'S FRICTION TASK

.....

◯ Completed before starting the day

TODAY'S FOCUS

.....

.....

.....

WEIGHT

..... kg / lb

SLEEP HOURS

..... h

ENERGY

...../10

MOOD

...../10

WATER INTAKE

◯ 0.5L ◯ 0.5L

◯ 0.5L ◯ 0.5L

◯ 0.5L ◯ 0.5L

FUEL LOG

Breakfast	
Lunch	
Dinner	
Snacks	

Performance Workout 45 Minutes

Type			
Duration		Effort	...../10
Notes			

Mobility and Recovery 15 Minutes

◯ Mobility ◯ Stretching ◯ Yoga

Focus area	
Notes	

MIND FUEL

3-Sentence Summary or Core Takeaway

Book: ..... **Minutes:** .....

.....

.....

.....

.....

.....

.....

.....

DAY STATUS: ◯ Complete ◯ Incomplete

Penalty Events Earned? ◯ No ◯ Yes

Missed Standard(s): .....

EXECUTION NOTES

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