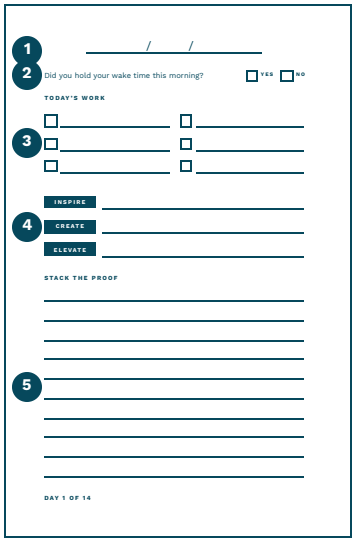
**THE JOURNAL**

*One step forward every single day.*

Ice Athletic Club

# *How To Use This Page*

About five minutes a day. Part of it in the morning, the rest at night.




**MISS A DAY?**

Leave it blank. Write today's page. Never go back and fake one.

**1 THE DATE**
MORNING

Write it first. A dated page is a day you showed up.

**2 THE QUESTION**
MORNING

The week's one question. Tick yes or no before anything else.

**3 TODAY'S WORK**
MORNING

What has to get done today, six at most. Your session and your walk go on it like everything else. Check them off as you go.

**4 INSPIRE, CREATE, ELEVATE**
NIGHT

One line each. Inspire is what fired you up today. A video, a lift, a conversation. Create is what you made or built. A set, a meal, a message, a page. Elevate is what you improved.

**5 STACK THE PROOF**
NIGHT

How the day went. What you kept your word on, and what you didn't. If you missed, write what happens tomorrow, not why it happened.

**ONCE A WEEK**

Flip back through your seven pages. Be honest about what slipped and write the fix. Ten minutes.

## *Where are you right now?*

Answer in pen, once, before day one.

## *What are you chasing? Mind, body, spirit.*

## *Why do you want that? Then ask why again.*

## *What do you keep letting slide?*

**BEFORE DAY ONE**

My wake time _____ : _____

Cold Start score, day 1 _____ / 100

Weakest pillar _____

Take the Cold Start test in the Ice app before day one.

## *Describe the day you are building.*

# *Weight Tracker*

**HOW TO USE IT**

**1** **THE TOP ROW** ONCE

Pick your goal and highlight it. Cut, maintain or gain. Write the weight you are aiming for by the end of these four weeks in Goal Weight. Daily Calories is the number the Fuel Calculator in the Ice app gave you. Write it once at the top. It does not change for four weeks. That is the point. You are testing the number, not guessing every day. If you do not have the number yet, weigh in anyway and write it the day you do.

**2** **THE WEIGH-IN** EVERY MORNING

Weigh in every morning. Wake up, empty stomach, before water, straight to the scale. Write the number in today's box. One decimal is enough.

**3** **THE AVERAGE** END OF EACH WEEK

At the end of each week, add the seven and divide by seven. Write it in the average box. Single days lie. The average does not.

**4** **THE BOTTOM ROW** END OF WEEK FOUR

At the end of the fourth week on the page, fill in the bottom row. Start is week 01's average. End is week 04's. Change is end minus start, in pounds, with the sign. Minus 2.4 is a cut that is working. Plus 1.5 is a gain that is working.

**5** **THE DECISION** END OF WEEK FOUR

Then decide. Moving the way you wanted, about half a pound to a pound a week, keep your calories. Write the same number in Next. Not moving, shift by 100 to 150. Cutting and stalled, take it off. Gaining and stalled, add it. Maintaining and drifting, shift against the drift. Moving too fast, shift the other way. Write the new number in Next. It is the Daily Calories at the top of the next tracker. On the last tracker it is the number you carry on with.

# *Weight Tracker*

Weeks 01 to 04

| CUT | MAINTAIN | GAIN |
|---|---|---|

| GOAL WEIGHT | DAILY CALORIES |
|---|---|
| | |

| | WEEK 01 | WEEK 02 | WEEK 03 | WEEK 04 |
|---|---|---|---|---|
| DAY 1 | | | | |
| DAY 2 | | | | |
| DAY 3 | | | | |
| DAY 4 | | | | |
| DAY 5 | | | | |
| DAY 6 | | | | |
| DAY 7 | | | | |
| AVG | | | | |

| START | END | CHANGE | NEXT |
|---|---|---|---|
| | | | |

_____ / _____ / _____

Did you hold your wake time this morning? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**



_____ / _____ / _____

Did you hold your wake time this morning? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**

_____ / _____ / _____

Did you hold your wake time this morning? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**



_____ / _____ / _____

Did you hold your wake time this morning? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**

_____ / _____ / _____

Did you hold your wake time this morning? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**



_____ / _____ / _____

Did you hold your wake time this morning? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**

_____ / _____ / _____

Did you hold your wake time this morning? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**





## *The first three days*

Mornings the wake time held: _____ of 7

The first three mornings are the worst ones, and that is not a sign anything is wrong. The body is paying back a debt, and the tiredness is what puts the lights out on time that night. By the fourth or fifth morning the alarm stops being the enemy. I have watched people quit on day three because it felt like it was getting harder. It was getting harder because it was working.

*The morning that was hardest, and what you did at ten the night before.*

Next week, one thing: _____

*One week in.*

_____ / _____ / _____

Did the thing that slides hold yesterday? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**



_____ / _____ / _____

Did the thing that slides hold yesterday? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**

_____ / _____ / _____

Did the thing that slides hold yesterday? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**



_____ / _____ / _____

Did the thing that slides hold yesterday? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**

_____ / _____ / _____

Did the thing that slides hold yesterday? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**



_____ / _____ / _____

Did the thing that slides hold yesterday? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**

_____ / _____ / _____

Did the thing that slides hold yesterday? ☐ YES ☐ NO

**TODAY'S WORK**

☐ _____ ☐ _____

☐ _____ ☐ _____

☐ _____ ☐ _____

**INSPIRE** _____

**CREATE** _____

**ELEVATE** _____

**STACK THE PROOF**





## *It slides when things are going well*

Days it held: _____ of 7

The thing you named does not slide on the bad days. On a bad day you are watching everything. It slides on the good week, when the work is going well and the one thing that does not get measured is the first thing that goes. Mine is being present. I measure everything, and the moment a day without measuring gets cut, I do not notice for a week.

The day it slid: _____

What was going well that day: _____

What I did the day after: _____

*What the pattern is.*

Next week, one thing: _____

*Two weeks in.*