



GO

THE WORKBOOK & TRACKER

It's where you do the work — a companion to GO.

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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...	✓

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

PART 1

CLEAR

The 4 Laws + Belief & Motivation

WEEK 1 · CLEAR

THE MYTH-BUSTER CHECKLIST

Burn what you believed. Tick each one you've fallen for — then write the truth that replaces it.

- ☐ “Toning” is a special kind of training.
- ☐ You can spot-reduce fat from one area.
- ☐ Lifting real weight will accidentally make me bulky.
- ☐ There's a supplement / tea / pill that does the work.
- ☐ The “fat-burning zone” is the best way to lose fat.

THE ONE MYTH I BELIEVED THE LONGEST — AND WHAT'S ACTUALLY TRUE:

THE FIX

Fat loss is driven by total energy out, diet, and adherence — not a slow “fat-burning” lane. Zones build the engine; that's their real job.

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

WEEK 1 · CLEAR

THE FOUR LAWS — MADE PERSONAL

Learn the laws and you never need to buy another program. Write how each one shows up in your training.

LAW 1 — ENERGY BALANCE. WHERE IS MY ENERGY MATH REALLY AT RIGHT NOW?

LAW 2 — OVERLOAD & ADAPTATION. WHAT WILL I PROGRESS (WEIGHT / REPS / SETS)?

LAW 3 — CONSISTENCY OVER NOVELTY. THE BORING PLAN I'LL ACTUALLY REPEAT:

LAW 4 — NO MAGIC, ONLY INPUTS. THE INPUTS I'LL FIX FIRST (FOOD / SLEEP / TRAINING):

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

MOTIVATION AUDIT + YOUR NEW “WHY”

Durable motivation is intrinsic, internal, approach, and positive. Audit yours, then write the real one.

DIAL	MINE RIGHT NOW	STRONGER VERSION

Rows: Intrinsic vs extrinsic · Internal vs external · Approach vs avoidance · Positive vs negative.

MY NEW “WHY” (APPROACH GOAL — TOWARD SOMETHING, POSITIVE, FROM INSIDE ME): *one sentence*

CHECK IT

From inside you? Something YOU want? Moves TOWARD something? Framed POSITIVELY? If any answer is no, rewrite it.

GO — YOUR ACTION

Put your new “why” where you'll see it before every session. Where will that be?

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

PART 2

BREATHE

Conditioning, zones & ESD + Composure

WEEK 2 · BREATHE

FIND YOUR ZONES

Build the engine before the top end. Use the talk test (and heart rate if you have it) to set your zones.

ZONE	TALK TEST	MY HR RANGE (IF KNOWN)	WHAT IT'S FOR

Z1 easy = full conversation · Z2 steady = short sentences (builds the engine) · Z3 hard = a word or two (top end).

MY HONEST AEROBIC BASE RIGHT NOW IS: (ROUGH / DECENT / STRONG) — AND WHY:

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

YOUR ESD STARTER WEEK

Mostly easy-to-steady, a little hard — and the hard comes AFTER the base. Plan your week.

DAY	MODE (WALK/JOG/BIKE/ROW...)	ZONE	TIME / DISTANCE	✓

THE TRAP

“Old intensity on day one.” Your ego will hate Zone 2 because it feels too easy. Staying easy IS the work — the base earns the top end.

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

THE THREE AROUSAL CONTROLS

Composure is putting arousal where the task needs it. Three levers — write your go-to move for each.

THOUGHT CONTROL — MY ONE CLEAN, PRESENT THOUGHT TO SWAP IN:

PHYSICAL-ACTIVITY CONTROL — HOW I COME UP / SETTLE DOWN:

BREATH CONTROL — EXHALE TO COME DOWN, INHALE TO COME UP. MY PRE-EFFORT BREATH:

GO — YOUR ACTION

One true Zone-2 session (conversational the whole time) + one breathing rep before your hardest effort. Log them:

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

PART 3

LIFT

Strength patterns + 5 Skills of Focus

WEEK 3 · LIFT

PATTERN-TO-EXERCISE MENU

Pick the pattern, then pick a move you'll actually do. This is your starter kit.

PATTERN	MY CHOSEN MOVE	WHY I LIKE IT

Fill one row per pattern below.

LOWER	PUSH	PULL	CORE

THE RAMP

Strength returns fast on banked muscle, but tendons lag. Start submaximal, leave reps in the tank, begin where you are today — not where you left off.

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

WEEK 3 · LIFT

FIRST HONEST WORKING SETS

The weight today is the truth, and the truth is the start. Log a submaximal working set per pattern.

PATTERN / MOVE	LOAD	REPS	REPS LEFT IN TANK	FELT LIKE...

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

WEEK 3 · LIFT

SELF-TALK SWAP LOG + CONFIDENCE

Your most influential conversation runs ~80% negative by default. You can only hold one thought — replace it.

WRONG THOUGHT I CAUGHT	RIGHT THOUGHT I REPLACED IT WITH

CONFIDENCE — COMPETENCE I'M BUILDING (THE WORK / EVIDENCE):

CONFIDENCE — CHOOSING PERFORMANCE OVER OUTCOME MEANS I FOCUS ON:

GO — YOUR ACTION

One full set run entirely with your chosen positive self-talk. Which phrase?

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

PART 4

BUILD

Write your program + Whistle-to-Snap

WEEK 4 · BUILD

BLANK PROGRAM-DESIGN TEMPLATE

Principles generate infinite programs. Build YOUR week — not a borrowed one. Days → patterns → moves → dials → engine.

HOW MANY DAYS CAN I HONESTLY TRAIN EACH WEEK? *the number you'll actually hit*

DAY	PATTERN(S)	MOVE	SETS × REPS	LOAD / NOTE

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

GOALS + THE ENGINE

BIG-PICTURE GOAL (SPECIFIC · MEASURABLE · TIME-BOUND):

THREE DAILY PROCESS GOALS (THE SMALL WINS I STACK)

MY CONDITIONING THIS WEEK (MOSTLY ZONE 2 BASE; EARN THE INTERVALS):

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

WHISTLE-TO-SNAP RESET CARD + FOUR PILLARS

You reset yourself now — within five seconds. Park it → think right → next play → redial.

1 · PARK IT

Set the bad rep down.

2 · THINK RIGHT

Swap the thought.

3 · NEXT PLAY

Turn to the next thing.

4 · REDIAL

Breath to the right arousal.

FOUR-PILLARS SELF-CHECK — WHERE AM I WEAKEST?

- ☐ Flexibility — I bend with disrupted routines instead of snapping.
- ☐ Responsiveness — I stay engaged, not scattered.
- ☐ Strength — I face my weaknesses honestly, no excuses.
- ☐ Resilience — I bounce back fast.

GO — YOUR ACTION

Draft your own week above, set your goals, and run a Whistle-to-Snap reset next time a session goes sideways.

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

PART 5

STAY

Accountability → Performance

WEEK 5 · STAY

BUILD YOUR ACCOUNTABILITY SYSTEM

You lost the structure, not the ability. Rebuild it on purpose — partner, tracking, non-negotiable time.

MY ACCOUNTABILITY PARTNER (NAME) — AND HOW WE'LL CHECK IN:

MY ONE-SENTENCE ASK TO THEM (WRITE IT, THEN SEND IT):

NEXT WEEK'S SESSIONS — SCHEDULED LIKE APPOINTMENTS I CAN'T CANCEL

DAY	TIME	SESSION	✓

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

WEEK 5 · STAY

WEEKLY ACCOUNTABILITY TRACKER

Every session is a vote for the athlete you still are. Track the votes.

WEEK OF	SESSIONS PLANNED	SESSIONS DONE	MIND REPS	ON TRACK?

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

LAPSE-RECOVERY + PASS THE BATON

Missing isn't failing — quitting is. The five-second rule scales to five weeks: park it, learn, next play.

WHEN I LAPSE, MY RECOVERY MOVE IS (PARK IT → LEARN → NEXT PLAY):

IDENTITY

You're not becoming someone new. Every session is a vote for someone you've always been. Miss one = one vote. Hit one = the truth.

PASS THE BATON — WHO WILL I TEACH TO GO, AND WHAT'S THE FIRST THING I'LL TELL THEM?

GO — YOUR ACTION

Schedule next week, text your partner, put “GO” where you'll see it, then do the first session. The book is over; the training isn't.

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