



GO

WORKSHEETS

Part 0 · Start

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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.