



Beast Mode Challenge

30-Day Personal Log

Name: _____ Start Date: _____
Starting Weight: _____ Height: _____
Goal: ☐ Lose Weight ☐ Cut Fat and Build Muscle. ☐ Mass Gain
Target Calories: _____ Target Protein: _____

Step 1: Daily Tracking

Each day, for each commandment, you rate yourself:

- ✓ **Good (1 point)** – baseline adherence
- ✓ **Better (2 points)** – solid improvement
- ✓ **Beast (3 points)** – full execution

That way, each commandment earns **1–3 points daily**.
With **10 commandments**, the **daily maximum = 30 points**.

Step 2: Weekly Score

At the end of the week:

- **Maximum possible points** = 30 points/day × 7 days = **210 points**

Now we categorize performance:

- **Good Week** → 105–139 points (about half or better)
- **Better Week** → 140–174 points (two-thirds to ~85%)
- **Beast Week** → 175–210 points (85%+ adherence)

Step 3: Reflection

At the end of each week, ask:

- Which commandments were consistently Beast level?
- Which ones stalled at Good?
- What's *one small tweak* to raise next week's score by at least **+7 points (1 per day)**?

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THE 10 STRONG COMMANDMENTS

Good → Better → Beast Progression for Maximum Results.

COMMANDMENT	GOOD	BETTER	BEAST
 FUEL	Cut soda/junk, add lean protein	7–8 hrs, minimal processed.	95+ hrow hoods mimal pro & time.
 RECOVER	6–7 hrs, less late-might screen time.	7–8 hrs, consistent sleepwake.	8+ hrs, blackout room. pre-bed routine.
 FOCUS	Track 3–4 days/week.	Track daily \pm 100 cal,	Track & adjust weekly for results.
 MOVE	10-min walk after 1 meal/day	Walk after 2 meals +1-2 cardio.	Walk after all mes + 2-3 cardio.
 PROTEIN	100g/day.	100-120 oz/day	130+ oz/day training optimized.
 HYDRATE	$\frac{1}{2}$ bodyweight (oz) daily.	100-120 oz/day	130+ oz/day. training optimized.
 TRAIN	Strength train 2-3x/week.	Train 3-4x'week, progressive overload.	Train 4-9xweek. periodized max effort.
 PROTECT	No food 1 hr pre-bed (4 nights/wk).	No food 1-2 hrs pre-bed (6+ nighs/wk),	No food 2+ hrs pre-bed, evet-mized
 TRACK	Weigh 1-2x/week, monthly pics.	Weekly weigh-ins, biweekly pice.	Daily weigh-ins: weekly pics, full log.

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- ***Use the Log on the next sheet to track your progress.***

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	1 - Fuel	2 - Recover	3 - Focus	4 - Move	5 - Protein	6 - Hydrate	7 - Train	8 - Protein	9 - Hydrate	10 - Track
	Points (1-3)	Points (1-3)	Points (1-3)	Points (1-3)	Points (1-3)	Points (1-3)	Points (1-3)	Points (1-3)	Points (1-3)	Points (1-3)
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Total Points										
Score (Good, Better, Beast)										

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How did you do for the month? _____ (Now Keep Going!)

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