

THE
BUSY DAD
BOOTCAMP

JOURNAL

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Protecting your energy everyday is a key skill to learn in order to become the best version of you both physically and mentally. If you direct this energy everyday towards tasks and objectives that are going to create positive outcomes then you will always be winning in life. Your brain equates to just 2% of your total body weight, yet uses up around 20% of your TDEE (total daily energy expenditure). If you fail to protect this cognitive energy then your brain will be free to consume this energy through negative thinking, anxiety and feelings over overwhelm.

This is where the 'Journal' comes in!

I would like you to fully embrace the 'Journal' as part of your 5 day bootcamp and use it as a tool to maximise the productivity of your day. Your journal will be split into two parts.

PART 1

Setting your tasks for the day.

Now we all live busy lives right and no doubt you have found yourself saying that classic phrase, 'I don't have time for that' (normally referring to exercise), now you could be telling the truth, or you could be lying to yourself. The only way you are going to know how productive you can be in a day is to structure your day and set yourself key objectives.

If you don't structure your day how do you know you haven't got time, see my point?

In part 1 you are going to log the following:

1.	Tasks of the day in order of most important.
2.	You will then set a rough time you will begin each task.
3.	You will say who needs you to be on top form that day and who is relying on you to perform at your best.
4.	You will also list all the things in your life you are thankful for (setting up a positive mindset first thing in the morning.)

PART 2

Reviewing your days wins and the lessons you have learnt.

Now you need to focus everyday on tasks that are going to improve your health and fitness as well as tasks that are going to improve other areas of your life such as business and family. So Part 2 will be split into 2 different areas.

1.	Your 'Daily Habits' this is where you record all the variables which effect your health, fitness and your ability to burn body fat and increase strength.
2.	You are then going to record the wins of the day as well as the lessons you have learnt. You could have had the worst day ever, but recording these difficulties as lessons allows you to view these challenges more positively and so should help you go to bed in a more relaxed state. So be bold, be ambitious and 'Become Invincible' .

DAY 01

Date:
Part 1.

Key objectives for today in order of most important.

1. _____
2. _____
3. _____
4. _____
5. _____

Set a time to complete each task.

TIME	TASK
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	

Who is relying on you to perform at your best today?

1. _____
2. _____
3. _____

What are you thankful for today?

1. _____
2. _____
3. _____

DAY 01

Part 2. Daily Habits.

How was your diet today? 1 = Poor 10 = Perfect

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Was your diet today following the rules explained within the introduction?

YES NO

Daily Step Count: Target = 7.5k Actual Steps: _____

Hydration Level: Target = 2 ltrs Actual Hydration: _____

Did you go to the gym today?

YES NO

How much effort did you put towards achieving your objectives today?

1 = Little 10 = A lot.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

What are today's wins?

1. _____
2. _____
3. _____
4. _____
5. _____

What lessons did you learn today?

1. _____
2. _____
3. _____
4. _____
5. _____

DAY 02

Date:
Part 1.

Key objectives for today in order of most important.

1. _____
2. _____
3. _____
4. _____
5. _____

Set a time to complete each task.

TIME	TASK
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	

Who is relying on you to perform at your best today?

1. _____
2. _____
3. _____

What are you thankful for today?

1. _____
2. _____
3. _____

DAY 02

Part 2. Daily Habits.

How was your diet today? 1 = Poor 10 = Perfect

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Was your diet today following the rules explained within the introduction?

YES NO

Daily Step Count: Target = 7.5k Actual Steps: _____

Hydration Level: Target = 2 ltrs Actual Hydration: _____

Did you go to the gym today?

YES NO

How much effort did you put towards achieving your objectives today?

1 = Little 10 = A lot.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

What are today's wins?

1. _____
2. _____
3. _____
4. _____
5. _____

What lessons did you learn today?

1. _____
2. _____
3. _____
4. _____
5. _____

DAY 03

Date:
Part 1.

Key objectives for today in order of most important.

1. _____
2. _____
3. _____
4. _____
5. _____

Set a time to complete each task.

TIME	TASK
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	

Who is relying on you to perform at your best today?

1. _____
2. _____
3. _____

What are you thankful for today?

1. _____
2. _____
3. _____

DAY 03

Part 2. Daily Habits.

How was your diet today? 1 = Poor 10 = Perfect

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Was your diet today following the rules explained within the introduction?

YES NO

Daily Step Count: Target = 7.5k Actual Steps: _____

Hydration Level: Target = 2 ltrs Actual Hydration: _____

Did you go to the gym today?

YES NO

How much effort did you put towards achieving your objectives today?

1 = Little 10 = A lot.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

What are today's wins?

1. _____
2. _____
3. _____
4. _____
5. _____

What lessons did you learn today?

1. _____
2. _____
3. _____
4. _____
5. _____

DAY 04

Date:
Part 1.

Key objectives for today in order of most important.

1. _____
2. _____
3. _____
4. _____
5. _____

Set a time to complete each task.

TIME	TASK
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	

Who is relying on you to perform at your best today?

1. _____
2. _____
3. _____

What are you thankful for today?

1. _____
2. _____
3. _____

DAY 04

Part 2. Daily Habits.

How was your diet today? 1 = Poor 10 = Perfect

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Was your diet today following the rules explained within the introduction?

YES NO

Daily Step Count: Target = 7.5k Actual Steps: _____

Hydration Level: Target = 2 ltrs Actual Hydration: _____

Did you go to the gym today?

YES NO

How much effort did you put towards achieving your objectives today?

1 = Little 10 = A lot.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

What are today's wins?

1. _____
2. _____
3. _____
4. _____
5. _____

What lessons did you learn today?

1. _____
2. _____
3. _____
4. _____
5. _____

DAY 05

Date:
Part 1.

Key objectives for today in order of most important.

1. _____
2. _____
3. _____
4. _____
5. _____

Set a time to complete each task.

TIME	TASK
8:00	
9:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	

Who is relying on you to perform at your best today?

1. _____
2. _____
3. _____

What are you thankful for today?

1. _____
2. _____
3. _____

DAY 05

Part 2. Daily Habits.

How was your diet today? 1 = Poor 10 = Perfect

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Was your diet today following the rules explained within the introduction?

YES NO

Daily Step Count: Target = 7.5k Actual Steps: _____

Hydration Level: Target = 2 ltrs Actual Hydration: _____

Did you go to the gym today?

YES NO

How much effort did you put towards achieving your objectives today?

1 = Little 10 = A lot.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

What are today's wins?

1. _____
2. _____
3. _____
4. _____
5. _____

What lessons did you learn today?

1. _____
2. _____
3. _____
4. _____
5. _____