



CHASE HARD / COACH FE

FREE FIELD GUIDE

THE STARTING LINE

Seven days to stop negotiating, take useful action, and see what your effort can produce.

7 DAYS / ONE HONEST STANDARD

FREE DIGITAL EDITION



BEFORE DAY ONE

CHOOSE YOUR STANDARD.

For seven days, choose one action that matters. Keep it small enough to repeat and concrete enough to verify.

ONE TARGET

Pick a useful action in training, work, or home. Write the time and place. Example: walk for 20 minutes after lunch; send the promised follow-up before 4 p.m.; put the phone away at dinner.

MY SEVEN-DAY ACTION, TIME, AND PLACE

ONE FLOOR

Decide what counts on a difficult day. The floor is a smaller meaningful version, not an excuse to disappear. Example: a ten-minute walk instead of twenty.

MY MINIMUM ACTION WHEN THE DAY GETS HARD

THE RULE

Record the action, not how motivated you felt. If you miss, restart within 24 hours.



DAY 01 / 07

TELL THE TRUTH.

You cannot change a pattern you keep editing. Begin with facts from the last seven days, not a verdict about your character.

THE WORK

1. Name the action you chose and write when you will do it today.
2. List the last three times you intended to act. Count what actually happened.
3. Complete today's action or the prewritten floor, then record it.

PROOF: WHAT DID I DO, AND WHEN?

WHAT HAPPENED IN THE HARD MOMENT?

THE NEXT REP

Tomorrow, remove one obstacle before it gets a vote.



DAY 02 / 07

REMOVE FRICTION.

Follow-through improves when the first rep is easier to start. Prepare the conditions before resistance arrives.

THE WORK

1. Identify the moment you usually stall: after work, before bed, before a hard conversation, or another specific trigger.
2. Remove one obstacle now. Put shoes by the door, open the document, or place the phone elsewhere.
3. Complete your action at the planned time. Notice whether the preparation changed the start.

PROOF: WHAT DID I PREPARE AND COMPLETE?

WHAT HAPPENED IN THE HARD MOMENT?

THE NEXT REP

Keep the useful cue in place for the rest of the week.



DAY 03 / 07

TRAIN WITH INTENT.

Use this full-body starting session to practice controlled effort. Choose a comfortable range and stop before form breaks.

THE WORK

1. Warm up for five minutes with easy walking or marching and light movement practice.
2. Do two rounds: 8-10 sit-to-stands or squats; 6-10 incline push-ups; 8 supported rows per side with a band or dumbbell (or 8 prone W raises without equipment); 6 dead bugs per side.
3. Rest 60-120 seconds between movements as needed. If new to training, complete one clean round. Record rounds and quality.

PROOF: ROUNDS, REPS, AND ONE FORM NOTE

WHAT HAPPENED IN THE HARD MOMENT?

THE NEXT REP

The win is a session you can recover from and repeat.



DAY 04 / 07

KEEP THE FLOOR.

A disrupted day tests whether your standard has a real minimum. Do the smaller useful action without turning it into a moral drama.

THE WORK

1. Review the target and floor you wrote before Day 1.
2. If today allows the full action, do it. If not, do the minimum before the day ends.
3. If someone was affected by a missed commitment, make a clear repair instead of hiding.

PROOF: DID I DO THE TARGET OR THE FLOOR?

WHAT HAPPENED IN THE HARD MOMENT?

THE NEXT REP

Tomorrow is a new rep. Do not use today as a permanent label.



DAY 05 / 07

BUILD THE ENGINE.

Conditioning is a chance to practice pacing: give honest effort, then recover well enough to repeat it.

THE WORK

1. Choose a walk, bike, rower, or similar mode. Warm up for five easy minutes.
2. Do four rounds of one minute at a purposeful, controlled pace followed by two minutes easy.
3. Cool down for five minutes. If the pace becomes ragged, slow down. Record your mode and how evenly you moved.

PROOF: MODE, ROUNDS, AND PACING

WHAT HAPPENED IN THE HARD MOMENT?

THE NEXT REP

Repeatable effort builds more than one dramatic finish.



DAY 06 / 07

LET ACTION LEAD.

Your standard touches the people around you. Today, finish one small promise without needing an audience.

THE WORK

1. Name one commitment at home, work, or in your own training that has been left open.
2. Complete it, schedule a concrete next step, or tell the person honestly what you can do.
3. Do today's seven-day action or its floor and record the result.

PROOF: WHAT PROMISE DID I CLOSE?

WHAT HAPPENED IN THE HARD MOMENT?

THE NEXT REP

Service is part of discipline. Protect the people your effort is meant to serve.



DAY 07 / REVIEW

CHECK THE EVIDENCE.

A week will not change everything. It can show you what happens when you stop leaving each day to chance.

ACTIONS COMPLETED / SEVEN PLANNED

WHICH CONDITION MADE ACTION EASIER?

WHERE DID I CHOOSE THE EASY EXIT?

HOW QUICKLY DID I RESTART AFTER A MISS?

WHAT ONE STANDARD WILL I CARRY INTO NEXT WEEK?

 AFTER SEVEN DAYS

KEEP CHASING.

The Starting Line gives you one week of evidence. The next step is a complete cycle built for repeatable change.

THE JOURNAL

Use it to set a weekly standard, record 84 daily actions, and review the evidence across twelve weeks.

THE WORK SYSTEM

Use the field manual to diagnose the behavior loop, build a standard that survives friction, and make better decisions when the plan breaks.

HARD SESSIONS

Use three four-week training blocks for strength and conditioning, with beginner and intermediate lanes and planned review weeks.

FACE IT. DO THE WORK. PROVE IT.

Explore the full previews at chasehard.fit. Choose the tool that solves your next problem, or use all three together.