

COMPANION WORKBOOK

7-DAY WORKSHEET

Physical Training · KPI Tracking · Reflections
For the EGO-MAXXING Guide



Print this workbook. Fill it daily. Track your drive.
The guide gives you the map — this worksheet logs the journey.

DAYS 1-7 · KPI TRACKER · WEEKLY REVIEW



How to Use This Worksheet

This worksheet is the action companion to the **EGO-MAXXING Guide**. Each page gives you a structured way to log your daily physical training, sleep, mood, and ego-related reflections.

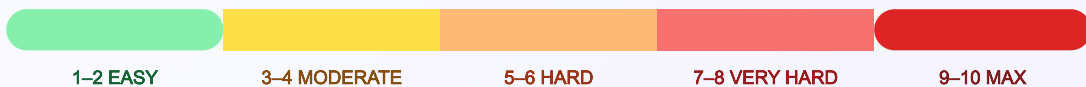
YOUR DAILY RITUAL WITH THIS WORKSHEET



Quick Rules

1. Print one copy per week. 2. Rate all RPE (Rate of Perceived Exertion) on 1–10 scale — 10 is max. 3. Write honestly — this is for you, not for anyone else. 4. If you miss a day, don't skip the reflection — log what happened.

RPE SCALE — HOW HARD DID IT FEEL?



"Discipline is choosing between what you want now and what you want most." — Abraham Lincoln

July
17

Weekly Overview

Fill this page first. It gives you a bird's-eye view of your week before you dive into the daily logs.

YOUR WEEK AT A GLANCE

MON

Push

TUE

Learn

WED

Compete

THU

Reflect

FRI

Perform

SAT

Serve

SUN

Recover

My Goals This Week

Physical goal:

.....

Mental goal:

.....

Social goal:

.....

One thing I'll stop:

.....

My Mission Statement (This Week)

Pro Tip

Write your goals in the present tense, as if already achieved. "I complete 4 workouts this week" is stronger than "I want to try to workout."



Day 1 · Light Exercise

1 LIGHT EXERCISE · 30 MIN

ACTIVITY	TIME	RPE	DONE
Warm-up (joint mobility)	5 min	2–3	☐
Brisk walk / easy cycle	20 min	4–5	☐
Cool-down + breathing	5 min	1–2	☐

SLEEP (HRS)

WATER (L)

ENERGY 1–10

MOOD 1–10

Body felt:

One lesson today:

Ego flare moment:

🎯 Day 1 Focus · AWAKEN

Today is about starting. Not perfect. Not heroic. Just showing up. Notice how your body feels. Notice where your ego wants to skip ahead. Just be here.



Day 2 · Strength

2 STRENGTH · FULL BODY

EXERCISE	SETS	REPS	WEIGHT	DONE
Squat / Leg press	3	8–12	_____	☐
Bench / Push-up	3	8–12	_____	☐
Row / Pull-up	3	8–12	_____	☐
Overhead press	3	8–12	_____	☐
Plank / Core	3	45 sec	—	☐

SLEEP (HRS)

PROTEIN MEALS

ENERGY 1–10

SORENESS 1–10

Muscle fatigue taught me:

One compliment I gave:

Ego flare moment:

🎯 Day 2 Focus · FORGE

Muscle fatigue is not failure — it's feedback. Each rep is a tiny lesson in adaptation. The body gets stronger when it's challenged, not when it's comfortable.



Day 3 · Intervals

3 INTERVALS · HIGH INTENSITY

INTERVAL	WORK	REST	ROUNDS	DONE
Sprint / Cycle	30 sec	90 sec	6–8	☐
Hill / Incline	45 sec	90 sec	4	☐
Cool-down jog	5 min	—	1	☐

SLEEP (HRS)

PEAK RPE

HYDRATION

MOOD 1–10

Pain = data. It told me:

Where I wanted to quit:

What kept me going:

Day 3 Focus · COMPETE

Interval day is where you meet your edge. The moment you want to stop is the moment the training begins. But remember: competition with yourself, not cruelty toward yourself.



Day 4 · Recovery

4 RECOVERY · YOGA + NUTRITION

MOVEMENT	HOLD	ROUNDS	DONE
Hip flexor stretch	60 sec	2	☐
Hamstring stretch	60 sec	2	☐
Chest / shoulder opener	60 sec	2	☐
Box breathing	5 min	1	☐
Balanced meals	—	3 meals	☐

SLEEP (HRS)

VEG SERVINGS

REST QUALITY

STRESS 1–10

Goal adjustment needed:

What my body asked for:

Ego flare moment:

🎯 Day 4 Focus · REFLECT

Recovery is not laziness. It's strategy. The strongest egos know when to push and when to pull back. Today, listen to your body more than your ambition.



Day 5 · Performance Test

5

PERFORMANCE TEST · SIMULATED CHALLENGE

TASK	PRESSURE	RESULT	DONE
Mock presentation / test	Normal	_____	☐
Repeat — harder version	+1 level	_____	☐
Physical finisher	Hard	_____	☐

NERVES 1–10
.....

FOCUS 1–10
.....

SLEEP (HRS)
.....

CONFIDENCE 1–10
.....

What went well:

What to improve (no self-criticism):

Ego flare moment:



Day 5 Focus · PERFORM

Today you simulate pressure. The goal is not perfection — it's exposure. Every rep under stress is a rehearsal for the real thing. Celebrate effort, not outcome.



Day 6 · Social & Team

6

SOCIAL & TEAM · COOPERATION

ACTIVITY	DURATION	PARTNER	DONE
Team sport / relay	30–45 min	_____	☐
Buddy workout	20 min	_____	☐
Teach one exercise	10 min	_____	☐

SLEEP (HRS)

ACTS OF HELP

ENERGY 1–10

CONNECTION 1–10

Weakness I admitted: _____

Help I asked for: _____

Someone I put first: _____

Day 6 Focus · ELEVATE

Today is about service. The ego's greatest antidote is helping someone else. You'll find that teaching, coaching, and cooperating make your own strength grow, not shrink.



Day 7 · Integration

7 INTEGRATION · REVIEW + PLAN

REVIEW ITEM	TARGET	ACTUAL	DONE
Workouts completed	5–6	_____	☐
Avg sleep per night	7–8 h	_____	☐
Journaling sessions	5	_____	☐
Next week's new challenge	1	_____	☐

RESILIENCE 1–10

BEST MOMENT

HARDEST MOMENT

SLEEP (HRS)

Biggest lesson of the week: _____

What I'll keep doing: _____

What I'll change: _____

Day 7 Focus · BALANCE

You did the work. Now integrate. Rest well tonight. Celebrate progress modestly. Tomorrow, the cycle begins again — but you'll be one step further along the path.



Weekly KPI Tracker

Fill this in at the end of the week. Compare with your targets. No judgment — just data.

METRIC	TARGET / WEEK	ACTUAL W1	NOTES
Workouts completed	3–5		
Sleep avg (hours)	7–8		
Journaling sessions	5		
Meditation (minutes)	70		
Resilience self-rating (1–10)	8+		
Acts of service / mentorship	2		
Skill learning (hours)	3		
Ego flares noticed & reframed	5+		
Blind-spot feedback received	1		
Gratitude entries	7		



Weekly Review Questions

1. Where did my ego help me this week?
2. Where did it hurt me or someone else?
3. What did I learn from adversity?
4. Who did I serve without expecting anything back?
5. What's one thing I'll do differently next week?



Deep Reflection Page

Use this page for your weekly deep-dive. Answer honestly. Write as much or as little as you need.

1. Where did my ego flare this week?

2. Where did it serve me — and where did it hurt me?

3. What pain did I metabolize into growth this week?

4. Who did I serve, mentor, or lift up?

5. What feedback did I receive — and did I listen?

6. What will I do differently next week?

"The unexamined ego is the one that wrecks you. Reflection isn't optional — it's the difference between legacy and wreckage."

✓ Habit Tracker (4 Weeks)

Track the seven core habits over 4 weeks. Tick each day you complete them. Consistency builds compounding momentum.

HABIT	W1 M	W1 T	W1 W	W1 T	W1 F	W1 S	W1 S	W2 M	W2 T	W2 W	W2 T	W2 F	W2 S	W2 S
 Train	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 Journal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 Meditate	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 7+ hrs sleep	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 Serve someone	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 Learn 1 hr	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 Gratitude	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

How to Use This Tracker

Tick the box when you complete the habit for the day. Don't aim for perfection — aim for **consistency**. Two weeks of 70% is worth more than one week of 100% followed by burnout.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." — Aristotle (attributed)

**KEEP THE
MOMENTUM.**

