

THE GREAT LOCK IN

4 MONTHS TO TRANSFORM

September 1 - December 31, 2025

MY BIG 3 GOALS

GOAL #1

Daily Action:

Weekly Target:

GOAL #2

Daily Action:

Weekly Target:

GOAL #3

Daily Action:

Weekly Target:

MONTHLY PROGRESS TRACKER

SEPTEMBER

"Every expert was once a beginner. Every pro was once an amateur."

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

WIN OF THE MONTH:

★

OCTOBER

"Success is the sum of small efforts repeated day in and day out."

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

WIN OF THE MONTH:

NOVEMBER

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

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

WIN OF THE MONTH:



DECEMBER

"You didn't come this far to only come this far. FINISH STRONG."

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

WIN OF THE MONTH:

WHAT I'M ELIMINATING



WEEKLY CHECK-IN

Rate each week 1-10 based on consistency and progress

WEEK 1

___/10

WEEK 2

___/10

WEEK 3

___/10

WEEK 4

___/10

WEEK 5

___/10

WEEK 6

___/10

WEEK 7

___/10

WEEK 8

___/10

WEEK 9

___/10

WEEK 10

___/10

WEEK 11

___/10

WEEK 12

___/10

WEEK 13

___/10

WEEK 14

___/10

WEEK 15

___/10

WEEK 16

___/10

DISCIPLINE OVER MOTIVATION

Show up every single day

We're locked in together 