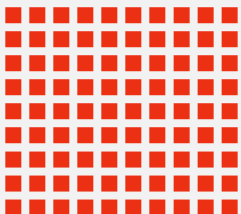


90 DAYS. NO EXCUSES.

A daily journal for getting your running and your plate in order —
one honest box checked at a time. No fluff, no perfect streaks
required. Just show up.



FOR

Your name

START DATE

Day 1 of 90

READ THIS FIRST

HOW THIS WORKS

Motivation is going to quit on you around week two. That's normal — and it's exactly why this journal doesn't run on motivation. It runs on boxes you check whether you feel like it or not. Ninety days. No skipped pages.

01

13 weekly themes

Each week opens with a full theme page — a mindful read, a practice, and three targets. Don't skim it.

02

7 daily pages

Every day: an intention, a running log, a nutrition log, habits, mood, and a reflection.

03

Checkpoints

Day 30, 60 and 90 you stop and take an honest look at what's actually working.

SYMBOLS YOU'LL SEE



Habit done — tap to check



Water cup logged



Today's mood, 1–5



Day complete %

THE 90-DAY MAP

Tap a week once you've closed out all seven days. Don't chase a perfect row — chase a longer one than last time.

0 / 13 WEEKS

WEEK 1 ☐	WEEK 2 ☐	WEEK 3 ☐	WEEK 4 ☐	WEEK 5 ☐	WEEK 6 ☐	WEEK 7 ☐
Show Up	Find Your Pace	Fuel the Engine	Distance Builder	Recovery & Reset	Push the Pace	Kitchen Overhaul
WEEK 8 ☐	WEEK 9 ☐	WEEK 10 ☐	WEEK 11 ☐	WEEK 12 ☐	WEEK 13 ☐	
Midpoint Grind	Strength Under Fire	Long Run Focus	Dial It In	Taper & Sharpen	Finish Strong	

Days 30, 60 and 90 checkpoints fall inside weeks 5, 9 and 13.

WEEK 1 OF 13

SHOW UP

Forget pace. Forget the perfect plate. Week one is about proving — to yourself, not anyone else — that you'll show up when you don't feel like it. Motivation is a mood; showing up is a decision, and you only need to make it once a day. Before each run or meal this week, take three slow breaths first. Notice the urge to skip, let it pass through you without acting on it, then move anyway. You are not building fitness yet. You're building the one skill everything else depends on: doing the small thing on the day you don't want to. Every box you check is a promise kept to a version of you who's counting on it.

MINDFUL PRACTICE

Before you lace up or sit down to eat, stand still for one minute. Notice your breath, not your plan.

THIS WEEK'S TARGETS

- ☐ Run or walk four times, no matter how short
- ☐ Log every meal — honestly, not aspirationally
- ☐ Sleep 7+ hours at least five nights

DAY 1

WEEK 1 · Monday

DAY 1 / 90

“Motivation got you here. Discipline keeps you here. Lace up.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

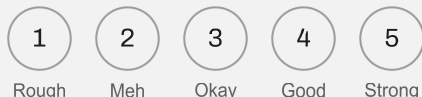


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 2

WEEK 1 · Tuesday

DAY2/ 90

“Sore is not the same as broken. Show up anyway.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

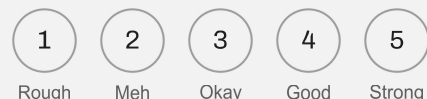


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 3

WEEK 1 · Wednesday

DAY3/ 90

“Nobody cares about your excuses. Not even you, if you're honest.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

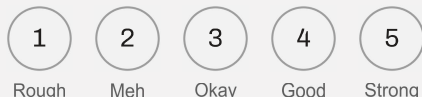


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 4

WEEK 1 · Thursday

DAY4/ 90

"You don't get to skip the boring days. That's where the work happens."

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

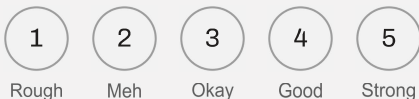


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 5

WEEK 1 · Friday

DAY 5 / 90

“Cravings pass in twenty minutes. Bad habits last decades. Do the math.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

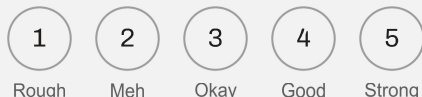


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 6

WEEK 1 · Saturday

DAY6/ 90

“Rest is a plan, not a cop-out. Recover on purpose.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER



HABITS

☐

Slept 7+ hours

☐

Stretched / mobility

☐

Moved — walk or run

☐

Ate a real breakfast

☐

No late-night snacking

MOOD



Rough



Meh



Okay



Good



Strong

GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 7

WEEK 1 · Sunday

DAY 7 / 90

“One week down. The old you would've quit by now.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

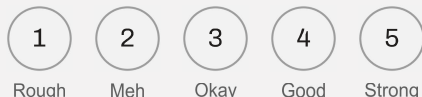


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

WEEK 2 OF 13

FIND YOUR PACE

You showed up. Now find a rhythm you can repeat for ninety days, not nine. This week, trade intensity for consistency — the boring, repeatable version wins. Notice the urge to prove something on every single run, and let it go; the goal this week is a pace you could hold a conversation through. Consistency is a quiet, undramatic thing. It doesn't feel like progress in the moment. Trust it anyway.

MINDFUL PRACTICE

Halfway through one run this week, drop your pace on purpose and just notice how your body moves without effort.

THIS WEEK'S TARGETS

- ☐ Add one longer run or walk than last week
- ☐ Hit your water goal at least six days
- ☐ Cook one new real meal from scratch

DAY 8

WEEK 2 · Monday

DAY 8 / 90

“Week two is where the excuses get louder. Turn them down.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

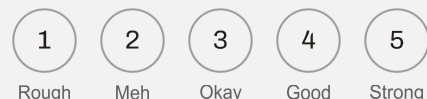


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 9

WEEK 2 · Tuesday

DAY9/ 90

"You don't need a good mood to have a good run."

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

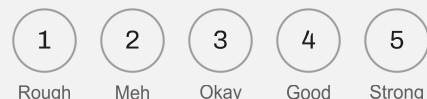


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 10

WEEK 2 · Wednesday

DAY10/ 90

“Fuel like you mean it. You can't out-run a bad plate.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

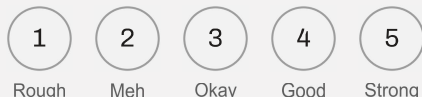


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 11

WEEK 2 · Thursday

DAY 11 / 90

“The pace doesn't matter if you never show up to run it.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

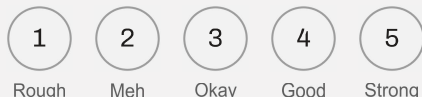


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 12

WEEK 2 · Friday

DAY 12 / 90

“Nobody drowns in sweat. Push a little harder today.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

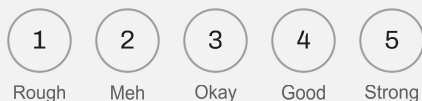


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 13

WEEK 2 · Saturday

DAY 13 / 90

“Comfort is the enemy of progress. Get uncomfortable.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

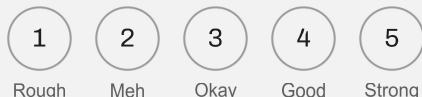


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

DAY 14

WEEK 2 · Sunday

DAY 14 / 90

“Two weeks in. You're not the same person who started this journal.”

TODAY'S INTENTION

What will make today a win?

RUNNING LOG

DISTANCE

TIME

PACE

ROUTE

NUTRITION

BREAKFAST

LUNCH / DINNER

SNACKS

WATER

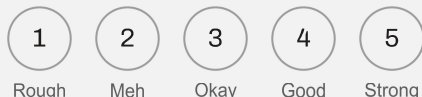


HABITS

☐ Slept 7+ hours ☐ Stretched / mobility ☐ Moved — walk or run ☐ Ate a real breakfast

☐ No late-night snacking

MOOD



GRATITUDE / REFLECTION

One honest line.



0% DONE

WEEK 3 OF 13

FUEL THE ENGINE

You cannot outrun a bad plate, and you cannot out-will a body running on fumes. This week, food stops being background noise. Before every meal, take three breaths and actually look at what's in front of you — the color, the smell, the portion. Eating on autopilot is how three weeks of discipline get undone in one absent-minded binge. Nutrition isn't punishment or a diet you're “on.” It's fuel, timed and chosen on purpose, for a body you're asking to do hard things. Notice when you eat from boredom versus hunger — that gap between craving and eating is where your control actually lives.

MINDFUL PRACTICE

Before your next meal: one full minute, no phone, just the food in front of you.

THIS WEEK'S TARGETS

- ☐ Eat real protein at every meal
- ☐ Cook four dinners from real ingredients
- ☐ Notice one craving without acting on it right away

WEEK 4 OF 13

DISTANCE BUILDER

Progress in running isn't made in the mile that feels good — it's made in the quarter mile you didn't think you had. This week you add distance, not speed. Resist the urge to prove something on every run. Notice the thought “I should push harder,” let it pass without obeying it every time. Building a bigger engine takes patience most people don't have, which is exactly your advantage. Pay attention to your breath rate as your marker of effort, not the number on your watch. A slower mile you finish present and in control beats a fast one you gutted through and hated.

MINDFUL PRACTICE

On your longest run this week, spend one full mile only noticing your breath, nothing else.

THIS WEEK'S TARGETS

- Add 10–15% more distance than last week's longest run
- Run one full session without checking your pace
- Stretch 10 minutes after every run

WEEK 5 OF 13

RECOVERY & RESET

Rest is not the opposite of discipline — undertrained, overtired people quit at exactly this point, mistaking exhaustion for lack of willpower. This week you recover on purpose, which is harder for a tough-love mindset than pushing is. Notice the guilt that shows up on an easy day and let it pass; guilt is not information, it's just a habit of thought. Sleep is the one workout you cannot fake your way through. Give your nervous system room to actually absorb the last thirty days instead of just surviving them.

MINDFUL PRACTICE

One night this week: phone away an hour before bed, lights down, nothing left to prove.

THIS WEEK'S TARGETS

- ☐ Take at least two full rest days
- ☐ Sleep 8 hours on three nights
- ☐ Take one slow, no-goal walk with no headphones

DAY 30

THE HONEYMOON IS OVER.

Whatever got you started has probably worn off by now. That's fine — that's the whole point of day 30. This is where discipline takes over from motivation. Be honest below, not impressive.

TOTAL MILES / KM LOGGED

WORKOUTS COMPLETED

AVERAGE MOOD (1–5)

NIGHTS SLEPT 7+ HOURS

BIGGEST WIN

EXCUSE YOU FINALLY KILLED

ONE THING TO FIX BEFORE DAY 60

WEEK 6 OF 13

PUSH THE PACE

You rested. Now you earn the right to push. This week is about controlled discomfort — noticing exactly where your mind wants to quit and staying one more minute past it. That's the whole skill. Speed work asks something different of you than distance did: it asks you to be uncomfortable on purpose and stay curious about it instead of afraid of it. Watch the story you tell yourself mid-effort — “I can't” — and treat it as noise, not fact.

MINDFUL PRACTICE

Mid-interval, name one physical sensation out loud instead of the thought attached to it.

THIS WEEK'S TARGETS

- Add one interval or tempo session
- Beat last month's easy pace once
- Log how it actually felt, not just the number

WEEK 7 OF 13

KITCHEN OVERHAUL

Willpower runs out by dinner; environment doesn't. This week isn't about eating perfectly — it's about making the next sixty meals easier to get right by changing what's actually in your kitchen. Notice what you reach for without thinking; that's the honest map of your habits, not the meal plan you wrote on day one. Clear out one thing that makes the wrong choice the easy one. Prep on purpose so a tired version of you isn't left to make hard decisions alone.

MINDFUL PRACTICE

Open your fridge and name, without judgment, what's actually in there.

THIS WEEK'S TARGETS

- Meal-prep at least four lunches in advance
- Remove one convenience food that derails you
- Try one new vegetable-forward recipe

WEEK 8 OF 13

MIDPOINT GRIND

This is the least glamorous week of the whole ninety days, and that's exactly why it matters. There's no fresh-start energy left and no finish line close enough to see yet — just the work. Notice how much of your day is spent reacting to your phone instead of choosing your next move. Distraction is the easiest way to avoid the discomfort of showing up plainly, one unremarkable day at a time. Boredom is not a signal to quit; it's a signal you're doing the actual thing instead of the exciting idea of the thing.

MINDFUL PRACTICE

Pick one hour today with your phone in another room. Notice the urge to check it, and don't.

THIS WEEK'S TARGETS

- ☐ Take one full phone-free walk or run
- ☐ Identify your biggest daily time-drain
- ☐ Show up on your lowest-motivation day anyway

WEEK 9 OF 13

STRENGTH UNDER FIRE

Day sixty finds you here. Whatever strength you've built by now isn't theoretical anymore — it's tested under fatigue, bad weather, a rough night's sleep. This week isn't about a new personal best, it's about proving the work holds up when conditions aren't ideal. Notice the difference between real limits and the mental ones you've been treating as real. Most quitting happens not at the hardest moment but right after it, when the mind starts negotiating. Stay a beat longer than the negotiation.

MINDFUL PRACTICE

When a run gets hard today, don't decide anything about tomorrow. Just finish today's mile.

THIS WEEK'S TARGETS

- ☐ Add one strength or mobility session
- ☐ Run through one session that doesn't feel great
- ☐ Notice one negotiation with yourself — don't take the deal

DAY 60

YOU'RE NOT NEW ANYMORE.

Two-thirds through. This is not a beginner's journal in your hands anymore — it's evidence. Compare today's numbers to day 30 and don't flinch from what you see.

TOTAL MILES / KM LOGGED (DAYS 31–60)

LONGEST RUN THIS PHASE

AVERAGE MOOD (1–5)

MEALS LOGGED HONESTLY

WHAT'S EASIER NOW THAN AT DAY 30

WHAT'S STILL A FIGHT

ONE THING TO FIX BEFORE DAY 90

WEEK 10 OF 13

LONG RUN FOCUS

You're deep enough into this now that vague goals stop working. "Get healthier" doesn't survive week ten; specific ones do. This week, name the actual number you're training toward — a distance, a pace, a habit streak — and build backward from it. Follow-through isn't a personality trait, it's a structure: a written goal, a written plan, a written next step. Notice where you've let "I'll figure it out as I go" quietly replace an actual plan, and fix that today, not next week.

MINDFUL PRACTICE

Write your specific goal for day 90 in one sentence. Read it before tomorrow's run.

THIS WEEK'S TARGETS

- ☐ Write one specific, measurable day-90 goal
- ☐ Plan next week's runs before Monday
- ☐ Run your long run at the pace you actually intend to finish at

WEEK 11 OF 13

DIAL IT IN

Eleven weeks in, the temptation is to chase something new — a different plan, a different diet, a different app. Resist it. This week is about narrowing, not adding: fewer variables, more attention on the ones that matter. Notice every impulse to “optimize” as a possible way of avoiding the plain, repetitive work that’s actually working. Clarity beats novelty. Cut anything this week that isn’t clearly moving you toward day ninety.

MINDFUL PRACTICE

Before adding anything new to your routine this week, sit with the urge for ten minutes first.

THIS WEEK’S TARGETS

- Drop one habit or app that isn't helping
- Repeat last week's best session on purpose
- Simplify one meal you've been overcomplicating

WEEK 12 OF 13

TAPER & SHARPEN

Less is the strategy now, not more. Tapering feels like losing ground to anyone who's been grinding for eleven weeks, but backing off on purpose is its own kind of discipline — maybe the harder kind, since there's no visible effort to point to. Notice the anxious urge to squeeze in one more hard session to “make up for lost time.” There is no lost time; there's just the plan, and the plan says rest. Trust the work you've already done.

MINDFUL PRACTICE

On your easiest day this week, notice the urge to do more, and do less instead.

THIS WEEK'S TARGETS

- ☐ Cut volume by roughly a third this week
- ☐ Protect sleep all seven nights
- ☐ Write down what you want day 90 to feel like

WEEK 13 OF 13

FINISH STRONG

This is it — the week the first eighty-something days were building toward. Finishing strong doesn't mean a heroic final effort; it means doing the same honest, unremarkable things you've been doing, one more time, on purpose. Notice any urge to coast now that the end is in sight, and any urge to overdo it to “prove” something. Neither serves you. Show up the way you have for twelve weeks. That's the whole finish line.

MINDFUL PRACTICE

On day 90, before you log anything, sit for two quiet minutes and notice what's actually different in your body and your mind.

THIS WEEK'S TARGETS

- ☐ Complete every planned session this week
- ☐ Fill out your day 90 recap honestly
- ☐ Decide your next ninety days before this one ends

DAY 90

FINISH LINE. NOW WHAT.

Ninety days ago you needed a journal to make you show up. Look at what you've built. Don't close this book — open the next ninety.

TOTAL MILES / KM, ALL 90 DAYS

DAYS YOU SHOWED UP

WHO YOU ARE NOW THAT YOU WEREN'T ON DAY 1

YOUR NEXT 90-DAY GOAL