The Hard Things Log

DATE

Day	The hard thing I chose	What I noticed (urge to quit, push harder, seek relief)	What I did with it (stayed, stopped, adjusted)	How I felt after (0 to 10)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

My rest day this week was:

What I did:

Did I feel guilty? What did I tell myself?

Find your style. Circle the one that sounds most like you, and try it this month.

If you are...	Try...
An analytical thinker who likes clear numbers	Strength training with a simple log
An adventurer who needs to be outside	Hikes, trail runs, climbing, mountain biking, rucking
Someone who needs intensity and contact	Martial arts, boxing, pickup sports, interval training
Someone who feels cut off from his body	Yoga, tai chi, slow breath-based movement

When It's More Than a Book Talk to a therapist if training has turned into punishment: you exercise to make up for eating, you panic when you miss a day, or you train through injuries because stopping feels unbearable. The same goes if hard workouts keep stirring up memories or feelings that overwhelm you.