



21-DAY LOCK-IN CHALLENGE TRACKER

3 weeks. 9 workouts. Daily standards. Real momentum.

NAME	
START DATE	
PROTEIN TARGET	_____ grams/day

ONE MORE. EVERY TIME.

Printable light version - built for writing on, tracking honestly and using one page at a time.

How to Use This Tracker

This tracker is the practical tool for the 21-Day Lock-In Challenge. Do not try to complete the whole workbook at once. Start with the first few pages, then use one page at a time as you move through the 21 days.

THE CHALLENGE PROMISE

Part	What it means
Today's Workout	Complete Workout A, B and C each week for 3 weeks - 9 total gym workouts.
Daily Standards	Train or move, hit protein, track the day and prepare for tomorrow.
Progress Tracker	Tick off each day so you can see the work adding up.
Protein Targets	Use a simple daily protein target to support training and recovery.

WEEKLY TRAINING FLOW

Suggested day	Action
Monday	Workout A
Tuesday	20-30 min walk or mobility
Wednesday	Workout B
Thursday	20-30 min walk or mobility
Friday	Workout C
Saturday	Walk, mobility or light cardio
Sunday	Rest, walk or light movement

RESET RULE

Miss one day. Never miss twice. If you miss a day, do not restart and do not wait until Monday. Reset the next day and keep the challenge alive.

This tracker is not about pretending you were perfect. It is about seeing the truth and staying in the challenge.

Safety note: Use exercises and loads that suit your current ability. Stop if you feel sharp pain, dizziness or unusual symptoms.

Set Your Lock-In Commitment

Before you start, set your standard. Take 5 minutes and write your answers. This gives you something to come back to when motivation drops.

Why am I doing this challenge?

What am I done tolerating?

What usually makes me fall off?

What will I do when motivation drops?

What standard am I setting for the next 21 days?

LOCK-IN STATEMENT

For the next 21 days, I do not negotiate with the hard moment. I show up, do the work and choose one more.

21-Day At-a-Glance Checklist

Use this page as the quick overview. The weekly tracker pages give you more writing room.

Day	Done	Day	Done	Day	Done
Day 1	☐	Day 8	☐	Day 15	☐
Day 2	☐	Day 9	☐	Day 16	☐
Day 3	☐	Day 10	☐	Day 17	☐
Day 4	☐	Day 11	☐	Day 18	☐
Day 5	☐	Day 12	☐	Day 19	☐
Day 6	☐	Day 13	☐	Day 20	☐
Day 7	☐	Day 14	☐	Day 21	☐

9 WORKOUT TARGET

Workout	Week 1	Week 2	Week 3
Workout A	☐	☐	☐
Workout B	☐	☐	☐
Workout C	☐	☐	☐

DAILY STANDARD

Every day, ask: did I move, fuel, track and prepare? If yes, tick the day. If not, reset tomorrow.

Week 1 Daily Tracker

Tick the boxes each day. Write a short note only if it helps. Keep this page simple and honest.

Day	Train or move	Protein	Tracked	Prepared	Notes
Day 1	☐	☐	☐	☐	
Day 2	☐	☐	☐	☐	
Day 3	☐	☐	☐	☐	
Day 4	☐	☐	☐	☐	
Day 5	☐	☐	☐	☐	
Day 6	☐	☐	☐	☐	
Day 7	☐	☐	☐	☐	

WEEK 1 NOTES

Week 2 Daily Tracker

Tick the boxes each day. Write a short note only if it helps. Keep this page simple and honest.

Day	Train or move	Protein	Tracked	Prepared	Notes
Day 8	☐	☐	☐	☐	
Day 9	☐	☐	☐	☐	
Day 10	☐	☐	☐	☐	
Day 11	☐	☐	☐	☐	
Day 12	☐	☐	☐	☐	
Day 13	☐	☐	☐	☐	
Day 14	☐	☐	☐	☐	

WEEK 2 NOTES

Week 3 Daily Tracker

Tick the boxes each day. Write a short note only if it helps. Keep this page simple and honest.

Day	Train or move	Protein	Tracked	Prepared	Notes
Day 15	☐	☐	☐	☐	
Day 16	☐	☐	☐	☐	
Day 17	☐	☐	☐	☐	
Day 18	☐	☐	☐	☐	
Day 19	☐	☐	☐	☐	
Day 20	☐	☐	☐	☐	
Day 21	☐	☐	☐	☐	

WEEK 3 NOTES

Workout A: Push + Legs

Workout A is your first strength session of the week. Train hard, move well and start the week with momentum.

WARM-UP

- 5 minutes light cardio
- 10 bodyweight squats
- 10 hip hinges
- 10 shoulder circles each way
- 10 light band rows or cable rows

MAIN WORKOUT

Write the weight used and reps completed. Example: 20kg x 10, 10, 8.

Exercise	Target	Week 1 kg/reps	Week 2 kg/reps	Week 3 kg/reps
Leg Press or Squat	3 sets x 8-10 reps			
Dumbbell Bench Press	3 sets x 8-10 reps			
Romanian Deadlift	3 sets x 8-10 reps			
Seated Row	3 sets x 10-12 reps			
Dumbbell Shoulder Press	2 sets x 10-12 reps			

FINISHER

Choose one: 5 minutes incline walk, bike, rower, or 3 rounds of 30 seconds hard / 30 seconds easy.

LOCK-IN QUESTION

Did I stop because I had to, or because it got hard?

Workout B: Pull + Posterior Chain

Workout B focuses on your back, glutes, hamstrings and pulling strength.

WARM-UP

- 5 minutes light cardio
- 10 glute bridges
- 10 hip hinges
- 10 band pull-aparts or light rows
- 10 bodyweight lunges or split squats each side

MAIN WORKOUT

Write the weight used and reps completed. Example: 20kg x 10, 10, 8.

Exercise	Target	Week 1 kg/reps	Week 2 kg/reps	Week 3 kg/reps
Deadlift Variation or Hip Thrust	3 sets x 6-8 reps			
Lat Pulldown	3 sets x 8-12 reps			
Split Squat or Reverse Lunge	3 sets x 8 each side			
Chest-Supported Row or Cable Row	3 sets x 10-12 reps			
Biceps Curl + Triceps Pressdown	2 sets x 12 each			

FINISHER

Choose one: farmer carry for 4-6 rounds, sled push for 5 minutes, bike for 5 minutes, or incline walk for 5 minutes.

LOCK-IN QUESTION

Where did I nearly back off today?

Workout C: Full Body

Workout C finishes the training week. The goal is to train the full body and prove that you can follow through.

WARM-UP

- 5 minutes light cardio
- 10 bodyweight squats
- 10 push-ups to a bench or wall
- 10 band rows or light cable rows
- 10 hip hinges

MAIN WORKOUT

Write the weight used and reps completed. Example: 20kg x 10, 10, 8.

Exercise	Target	Week 1 kg/reps	Week 2 kg/reps	Week 3 kg/reps
Goblet Squat or Front Squat	3 sets x 8-10 reps			
Incline Dumbbell Press	3 sets x 8-10 reps			
Hamstring Curl	3 sets x 10-12 reps			
Cable Row	3 sets x 10-12 reps			
Lateral Raise	2 sets x 12-15 reps			

FINISHER

Complete 3 rounds: 30 seconds bike, rower or incline walk hard, then 30 seconds easy.

LOCK-IN QUESTION

Did I finish the week, or did I look for a way out?

Protein Target Guide

This is general education only, not personalised nutrition advice. If you have kidney disease, a medical condition, or have been told to follow a specific diet, speak with your doctor or dietitian before changing your protein intake.

SET YOUR TARGET

A common general guide for people who strength train is 1.6-2.2g protein per kilogram of body weight per day.

My bodyweight	Lower target	Higher target	My chosen target
_____ kg	_____ g/day	_____ g/day	_____ g/day

EASY PROTEIN OPTIONS

Eggs, chicken, lean beef mince, turkey, tuna, salmon, prawns, Greek yoghurt, cottage cheese, milk, whey protein, tofu, tempeh, lentils and beans.

DAILY PROTEIN TRACKER

Day	Hit?	Notes	Day	Hit?	Notes
1	☐		12	☐	
2	☐		13	☐	
3	☐		14	☐	
4	☐		15	☐	
5	☐		16	☐	
6	☐		17	☐	
7	☐		18	☐	
8	☐		19	☐	
9	☐		20	☐	
10	☐		21	☐	
11	☐				

SIMPLE FUEL RULES

Protein with each meal. Do not crash diet during the challenge. Use carbs around training if needed. Drink water daily. Keep meals repeatable.

Week 1 Check-In

Week 1 is complete. This check-in helps you see what worked, what nearly pulled you off track and what needs to improve next week.

Did I complete Workout A, Workout B and Workout C?

Did I keep the daily standards alive?

How many days did I hit my protein target?

What nearly made me drift?

What will I improve in Week 2?

SCORE

Give yourself a simple score out of 10. 0 = I completely drifted. 10 = I completed the week exactly as planned.

Week 2 Check-In

Week 2 is where most people start to drift. Use this check-in to reset before the final week.

Did I complete all 3 workouts this week?

What improved from Week 1?

How many days did I hit my protein target?

What nearly made me fall off?

What do I need to fix before Week 3?

SCORE

Give yourself a simple score out of 10. 0 = I completely drifted. 10 = I completed the week exactly as planned.

Day 21 Review

You made it to Day 21. Review what you actually completed. This is not about pretending the challenge was perfect. It is about seeing the proof.

How many of the 9 workouts did I complete?

How many days did I track?

How many days did I hit my protein target?

What was my biggest win?

What was the hardest moment?

What do I need next?

FINAL STATEMENT

I am no longer waiting to feel ready. I build the standard by doing the work.