

THE COMPANION

MAXX THE F*CK UP WRITE-IN PAGES

Every page from the book that asks you to write something, pulled out and put in one place.

Print it, or open it on a tablet and fill it in there. The day numbers match the book, so when a quest says write it down, turn to that day here.

The book is the coach. This is the save file.



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"A SAVE FILE YOU DON'T WRITE TO IS JUST A PAPERWEIGHT WITH OPINIONS."



DAYS 001 - 031

LEVEL 01

SLEEP

EVERY STAT YOU WANT RUNS ON THIS ONE.
THE FORUMS ARGUE ABOUT JAWLINES.
THE META WAS ALWAYS BEDTIME.

NEW GAME • DIFFICULTY: REAL LIFE

CHARACTER CREATION.

This is the save file. The honest baseline, in your own handwriting. No filters, no flexing, no lying to the one guy who'll know. Day 365 opens this exact page and runs the only mog that ever mattered. Future-you is watching. Make the data honest.

BASELINE NUMBERS:

SLEEP LAST NIGHT (HOURS):

PUSHUPS, MAX SET:

SCREEN TIME YESTERDAY (HOURS):

WATER YESTERDAY (LITERS):

LAST BOOK YOU FINISHED:

STARTING STATS • SHADE HONESTLY (1-10):

SLEEP

BODY

FITS

RIZZ

AURA

THREE HONEST WORDS ABOUT THE MIRROR TODAY:

BOSS FIGHT: THE TEN-NIGHT STREAK.

First boss of the book, and it's the one that matters most. TEN consecutive in-window nights. Lights out on time, phone in exile, cave conditions, no exceptions that aren't Day 27 exceptions. Streaks work because they convert effort into identity. Night four you're trying. Night eight you're a guy who sleeps properly. And identity is the only cheat code this book recognizes.

TODAY'S QUEST • +200 XP

The streak board, below. Ten slots, one per night, marked only if the window held. Start tonight. Miss one, restart from zero (brutal is the point. Bosses don't do participation trophies). Ten in a row and Level 01 is basically pre-cleared.



WRITE IT HERE:

MARK A NIGHT ONLY IF THE WINDOW HELD. MISS ONE, RESTART AT 01.

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
01	02	03	04	05	06	07	08	09	10

CHEAT CODE: "NIGHT EIGHT, IT STOPS BEING EFFORT."

TRACK IT LIKE A STAT.

You track your rank in games you don't even like anymore, and until this week, not the stat running your entire build. Time to fix that. The sleep log. Hours plus a one-to-ten feel score, thirty seconds a morning. Because logged stats improve on their own (the watcher effect is real), and because Day 30's MOG CHECK needs data, not vibes.

TODAY'S QUEST • +50 XP

The log, below. Seven nights. Hours and feel score, filled each morning this week. Then the read. Which nights scored high, and what did you DO before them? Your personal formula is in this data. The shower, the early meal, the boring wind-down. Find your pattern and you own the stat forever.

WRITE IT HERE:

NIGHT	HOURS	FEEL 1-10	WHAT I DID BEFORE
1			
2			
3			
4			
5			
6			
7			

CHEAT CODE: "LOGGED STATS IMPROVE ON THEIR OWN."

MOG CHECK 01.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
SLEEP AVERAGE (H)		
NIGHTS IN WINDOW / 7		
WAKE-UP FEEL (1-10)		
SNOOZES THIS WEEK		
BEST STREAK (NIGHTS)		

STAT UPDATE • SHADE WHAT MOVED:

SLEEP									
MORNINGS									
ENERGY									
MOOD									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:

LEVEL 01 CLEARED.

Thirty-one days ago sleep was a leftover. Whatever remained after the scroll finished with you. Now it's the meta, running on systems. The window, the exile, the cave, the curfew, the first ten minutes. And a streak board with real ink on it. Every level after this one is built on the machine you just fixed. Sign it like you mean it. Rested, before eleven, obviously.

TODAY'S MISSION: IN WRITING

Copy and sign: "Sleep is the meta and I run it now. Eight hours engineered, phone exiled, eighty percent defended for life. Tired is a debuff, not a personality, and I retired it. Every stat I build from here runs on the machine I just fixed. Level 02 loads tomorrow. The body. I'll be showing up rested. Signed at full spec." Sign and date below. Then lights out, champion. Big level tomorrow.

SIGNATURE

DATE

CHEAT CODE: "SIGNED AT FULL SPEC."

DAY 031 OF 365 • THE MACHINE IS FIXED



DAYS 032 - 059

LEVEL 02

BODY

THE SLOWEST STAT AND THE SUREST ONE.
NATTY FOREVER. PATIENCE IS THE PROGRAM.
REPS DON'T LIE.

THE BASELINE TEST.

Before the program, the data. Four numbers that define Day-33 you. Max pushups, a timed plank, a max dead hang (any bar. Playground counts), and a brisk one-kilometer time. Because progress you can't measure is progress you'll talk yourself out of believing. And Day 58's MOG CHECK runs against exactly these numbers.

TODAY'S QUEST • +50 XP

The test, today or tomorrow, warmed up first. Four events, honest counts, written below. No shaving numbers up, no shame on small ones (small baselines make legendary deltas). Log it and start the game, coach.

WRITE IT HERE:

EVENT	COUNT	DATE
PUSHUPS, MAX SET		
PLANK, HOLD		
DEAD HANG, HOLD		
THE KM, TIME		

CHEAT CODE: "SMALL BASELINES MAKE LEGENDARY DELTAS."
DAY 033 OF 365 • LOG IT AND START

THREE WEEKS IN: READ THE DELTAS.

Almost level's end. Time to read the early deltas. Not the mirror (the mirror moves last. It's the final boss of feedback). The NUMBERS: the reps that climbed, the hang that lengthened, the sessions attended, the meals that hit protein. The boring ledger where three weeks of work is already visible if you look at data instead of reflections.

TODAY'S QUEST • +50 XP

- The reading, below. This week's numbers vs Day 33's baseline. Pushups, plank, hang, the km. Plus sessions completed out of nine. Honest deltas, written and dated. Then one line on what surprised you. The mirror catches up around week eight, coach.
- The ledger is already bragging.

WRITE IT HERE:

EVENT	DAY 33	TODAY	DELTA
PUSHUPS			
PLANK			
DEAD HANG			
THE KM			
SESSIONS OF 9			

ONE LINE ON WHAT SURPRISED YOU _____

CHEAT CODE: "THE MIRROR MOVES LAST."

DAY 056 OF 365 • THE LEDGER IS ALREADY BRAGGING

MOG CHECK 02.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
PUSHUPS, MAX SET		
DEAD HANG (SEC)		
PLANK (SEC)		
SESSIONS DONE / 12		
PROTEIN DAYS / 7		

STAT UPDATE • SHADE WHAT MOVED:

BODY									
STRENGTH									
ENERGY									
DISCIPLINE									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:



LEVEL 02 CLEARED.

Twenty-eight days ago the body was a wish. Now it's a PROGRAM: three fixed days, four numbers on a baseline page already going stale, a spotter drafted, a kitchen learning its first recipes, and two bosses down. The hundred and the five K. The mirror moves last and the ledger moves first, and your ledger is moving. Sign it sore, ideally.

TODAY'S MISSION: IN WRITING

Copy and sign: "The body is the slowest stat and I signed up for the whole timeline. Natty forever, three days a week, one more rep every session, protein delivered daily, rest taken like a professional. I don't compare across the feed. I compare down the page. The mirror reports to the ledger now. Level 03 loads tomorrow. The face. I'll show up rested, fed, and slightly sore. Signed for the long game." Sign and date. Then eat something with protein in it, champion. Obviously.

SIGNATURE

DATE

CHEAT CODE: "THE MIRROR REPORTS TO THE LEDGER."

DAY 059 OF 365 • SIGNED FOR THE LONG GAME



DAYS 060 - 090

LEVEL 03

FACE

THE MOST ARGUED-ABOUT STAT ONLINE.
MOSTLY HABITS. PARTLY SLEEP. ZERO HAMMERS.
THE DEBUNK LEVEL. FINALLY.

SIX WEEKS OF FACE: THE AUDIT.

Level's almost cleared. Time to read the results like the Day 56 ledger. Not in the 2 a.m. funhouse (retired) but in the data. The streak count, the skin's trend, the new cut settling in, the details patrol running, the debunks that closed their tabs for good.

TODAY'S QUEST • +50 XP

- The audit, below. Streak days so far. Skin trend in one honest line. The haircut verdict after settling. One thing that visibly improved.
- One thing still on watch (and whether it's a patience case or a derm case). Dated, plain, no drama. The MOG CHECK runs in two days, coach. Arrive with data.

WRITE IT HERE:

STREAK DAYS SO FAR

SKIN TREND

HAIRCUT VERDICT

VISIBLY IMPROVED

STILL ON WATCH

ON WATCH IS A

☐ PATIENCE CASE

☐ DERM CASE

CHEAT CODE: "READ THE TREND, NOT THE TUESDAY."

DAY 087 OF 365 • ARRIVE WITH DATA

MOG CHECK 03.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
SHELF STREAK (DAYS)		
SLEEP AVERAGE (H)		
WATER / DAY (L)		
HANDS-OFF DAYS / 7		
BOOKINGS MADE		

STAT UPDATE • SHADE WHAT MOVED:

SKIN									
HAIR									
TEETH									
CONFIDENCE									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:

CHEAT CODE: "DOWN THE PAGE. NEVER ACROSS THE ROOM."

LEVEL 03 CLEARED.

Thirty-one days ago the face was a battleground of forum theories and 2 a.m. funhouse audits. Now it's a SYSTEM: three products on a shelf, a barber with standing orders, a dentist on the calendar, hands that keep to themselves, and every hammer, gadget, and tilt-measuring app closed for good. The debunk level is cleared, coach. Turns out the answer was four minutes and a bedtime.

TODAY'S MISSION: IN WRITING

Copy and sign: "The face runs on habits and I run the habits: wash, moisturize, SPF, patrol, the loops booked and recurring. I retired the funhouse camera, the gadget aisle, and the rating threads. No bones were broken and none ever will be. I compare my face to one face: yesterday's. Level 04 loads tomorrow: the fits. I'll show up clean, cut, and moisturized like a professional. Signed at conversation distance." Sign and date. Then go do the PM routine, champion. The streak is watching.

SIGNATURE

DATE

CHEAT CODE: "SIGNED AT CONVERSATION DISTANCE."

DAY 090 OF 365 • THE STREAK IS WATCHING



DAYS 091 - 120

LEVEL 04

FITS

**FIT BEATS BRAND. EVERY SINGLE TIME.
THE DRIP WAS NEVER THE LOGO.
DRESS LIKE THE PATCH NOTES DROPPED.**



THE THREE UNIFORMS.

The morning-decision killer: THREE pre-built uniforms: EVERYDAY (tee, the jean, the sneaker: your default, dialed): STEPPED-UP (the overshirt or knit over it: same base, instantly smarter): EVENT (Day 105 builds it): three formulas covering ninety-five percent of your calendar, each one pre-proven in the mirror so no morning ever debuts an experiment.

TODAY'S QUEST • +50 XP

• Today. The uniforms written below, specific pieces named per slot. Then tested. Each one worn to a mirror this week, photo taken at normal distance for the fit album. Adjustments made now, in private, not at the door. Decisions retired, coach. The uniform is the unlock.

WRITE IT HERE:

UNIFORM	TOP	BOTTOM	SHOES / LAYER
EVERYDAY			
STEPPED-UP			
EVENT			

CHEAT CODE: "NO MORNING DEBUTS AN EXPERIMENT."

THE COMPLIMENT LOG.



The level's field data. COMPLIMENTS: when the systems work, people say things: "new haircut?", "you look sharp lately", and that data is worth logging. Not for the ego (fine, ten percent). For the SIGNAL: what people notice unprompted is what's working.

TODAY'S QUEST • +50 XP

- Below. The log. What was said and what you wore or changed. Reviewed at the MOG CHECK for the pattern. And the etiquette rule, permanent. Compliments get received with "thanks", full stop. No deflecting. Taking a W gracefully is its own aura stat, coach.

WRITE IT HERE:

WHAT WAS SAID	WHAT I WORE OR CHANGED

CHEAT CODE: "WHAT THEY NOTICE UNPROMPTED IS WHAT WORKS."

MOG CHECK 04.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
CAPSULE PIECES OWNED		
PURGE BAGS DONATED		
FITS STAGED / 7		
SHOE RATING (1-10)		
COMPLIMENTS LOGGED		

STAT UPDATE • SHADE WHAT MOVED:

FITS									
SYSTEM									
CONFIDENCE									
AURA									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:

LEVEL 04 CLEARED.

Thirty days ago the closet was an archaeology site and getting dressed was a lottery. Now it's a SYSTEM: a capsule that combines, uniforms that deploy, an album collecting evidence, shoes at standard, and a signature with your name on it. The hype tax got cancelled, the logo got demoted, and the mirror by the door runs quality control. Sign it wearing something staged last night, obviously.

TODAY'S MISSION: IN WRITING

Copy and sign: "Fit beats brand and I know the three points by heart. My wardrobe is smaller, better, and worn. I stage at night, check at the door, and ship the good build daily. I don't pay the hype tax, I don't rent my chest to logos, and my signature needs laundry, not updates. Level 05 loads tomorrow. The frame everything hangs on. I'll show up dressed for it. Signed at the door, tall." Sign and date. Then hang tomorrow's fit, champion. The system feeds itself now.

SIGNATURE

DATE

CHEAT CODE: "SIGNED AT THE DOOR, TALL."

DAY 120 OF 365 • THE SYSTEM FEEDS ITSELF





DAYS 121 - 151

LEVEL 05

FRAME

POSTURE. WALK. EYES. VOICE.
THE FIRST SENTENCE YOU SAY IS SILENT.
STAND LIKE THE PATCH ALREADY DROPPED.



THE WALL TEST.

The frame's Character Creation. The WALL TEST: heels, butt, upper back, head. All touching a wall. Most guys' head hovers forward. The gap = the screen years. Second number. The Day 47 dead hang, timed. Day 150 re-runs both.



TODAY'S QUEST • +50 XP

Today: the test: what touches naturally, what has to be forced: the head-gap counted in fingers, the hang re-timed: both logged below: then one minute standing corrected, feeling how alien "aligned" feels. That alien feeling is the assignment, coach.

WRITE IT HERE:

TEST	TODAY	FORCED OR NATURAL
HEAD GAP, IN FINGERS		
DEAD HANG, RE-TIMED		

CHEAT CODE: "THE WALL DOESN'T FLATTER ANYBODY."

MOG CHECK 05.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
WALL-TEST HEAD GAP (CM)		
DEAD HANG (SEC)		
DOORWAY RESETS / DAY		
RECORDINGS MADE		
FILLERS PER MINUTE		

STAT UPDATE • SHADE WHAT MOVED:

POSTURE									
WALK									
VOICE									
PRESENCE									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:



CHEAT CODE: "DOWN THE PAGE. NEVER ACROSS THE ROOM."

LEVEL 05 CLEARED.

Thirty-one days ago the frame was whatever the phone left behind. The forward head, the rolled shoulders, the mumble, the corner hunch. Now the doorways run maintenance, the voice stands on a floor, the walk got filmed and fixed, and the silent first sentence finally says what you'd want it to. The wall test has new numbers and the camera has the receipts. Sign it standing, obviously. You know how now.

TODAY'S MISSION: IN WRITING

Copy and sign: "The first sentence is silent and mine finally speaks for me: head level, shoulders open, voice on the floor, eyes that hold three seconds, a walk like I'm expected. The doorways do my reps and the pressure protocol is loaded. I don't shrink in rooms and I don't shrink in texts. Level 06 loads tomorrow: the social level: and it's going to spend everything this month built. Signed at full height." Sign and date. Then walk somewhere, champion: anywhere: just to feel the difference. That walk is one month old.

SIGNATURE

DATE

CHEAT CODE: "SIGNED AT FULL HEIGHT."

DAY 151 OF 365 • THAT WALK IS ONE MONTH OLD



DAYS 152 - 183

LEVEL 06

RIZZ

**CONFIDENCE PLUS ACTUALLY LISTENING.
NO SCRIPTS. NO GAME. NO INVOICES.
THE SOCIAL STAT IS JUST REPS.**

THE STORY FILE.

Charisma's ammunition. STORIES: everyone owns five tellable ones. The disaster trip, the absurd coincidence, the time it all went wrong. Most guys just never packed them for carry. A told story needs a setup (one line), a build, and a punch you land. Thirty seconds to two minutes, coach. Rehearsed enough to flow.

TODAY'S QUEST • +50 XP

Below. The file built. Three stories named (a title each) with their punchlines written. Then one told out loud this week, any audience. The trail-off ban enforced (Day 135). The file grows for life, coach.



WRITE IT HERE:

STORY TITLE	THE PUNCHLINE

CHEAT CODE: "LAND THE ENDING. NEVER TRAIL OFF."

MOG CHECK 06.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
CONVOS STARTED		
PLANS CONVERTED		
FOLLOW-UPS SENT		
CALLBACKS MADE		
DEEP ONES HAD		

STAT UPDATE • SHADE WHAT MOVED:

RIZZ									
HUMOR									
LISTENING									
SQUAD									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:

LEVEL 06 CLEARED.

Thirty-one days ago the social stat ran on luck and group chats. Now it runs on REPS: openers that exist, questions that mine, names that land, plans that convert, a host with home field, and at least one conversation that went all the way to real. The scripts got binned, the invoices got cancelled, and the roast ceiling got installed. Sign it, then text somebody. You know six reasons to now.

TODAY'S MISSION: IN WRITING

Copy and sign: "Rizz is confidence plus attention and I train both. I say the first thing, I listen at seventy, I remember at thirty seconds a note. I tease up, never down. My kindness carries no invoices and my interest states itself. I take a no level and a W gracefully. I make my people bigger and my rooms warmer. Halftime is tomorrow: I'm walking in with receipts. Signed with the door open." Sign and date. Then send one follow-up text before bed, champion. The fabric is maintained in two-line stitches.

SIGNATURE

DATE

CHEAT CODE: "SIGNED WITH THE DOOR OPEN."

DAY 182 OF 365 • TWO-LINE STITCHES

DAY 183 OF 365 • THE EXACT MIDDLE

THE HALFTIME MOG.

Go get Day 1. Seriously. Open the Character Creation page, put your thumb in it, and come back. This is the fight you've been training for. The only opponent this book ever booked. Same five numbers. Same bars. Run them against the save file and shade what moved.

	DAY 001	DAY 183
SLEEP LAST NIGHT (H)		
PUSHUPS, MAX SET		
SCREEN TIME / DAY (H)		
WATER / DAY (L)		
BOOKS THIS YEAR		

THE BARS, ROUND TWO • SHADE TODAY'S TRUTH:

SLEEP										
BODY										
FITS										
RIZZ										
AURA										

THREE WORDS ABOUT THE MIRROR, ROUND TWO:

ONE LINE TO SECOND-HALF YOU:

CHEAT CODE: "DAY-1 YOU JUST GOT MOGGED. LEGALLY."

DAY 183 OF 365 • THE ONLY OPPONENT EVER BOOKED



DAYS 184 - 212

LEVEL 07

MIND

ATTENTION IS THE CURRENCY.
THE APPS ARE PICKPOCKETS.
BRAINROT: UNINSTALLING...

THE 3-LINE JOURNAL.

Day 15 built the brain dump for racing nights. This is its daytime sibling. The THREE-LINE JOURNAL: one line of what happened, one of what it meant, one of tomorrow's priority. Ninety seconds, coach. The day gets processed instead of survived, patterns surface in your own handwriting, and future-you inherits the logbook.

TODAY'S QUEST • +50 XP

- Below: tonight's first entry: three lines, no literary pressure ("trained, argued with Max, fixed it: priority: the maths deadline" is perfect): welded to the wind-down beside the ten pages: re-read each MOG CHECK. Write the log, coach.
- Future-you reads it at 365.

WRITE IT HERE:

DATE _____

CHEAT CODE: "A LOG, NOT A MEMOIR."

DAY 201 OF 365 • FUTURE-YOU READS IT AT 365

MOG CHECK 07.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
SCREEN TIME / DAY (H)		
PAGES READ		
FOCUS BLOCKS / WEEK		
PHONE-FREE MORNINGS / 7		
BOOKS FINISHED		

STAT UPDATE • SHADE WHAT MOVED:

FOCUS									
CALM									
READING									
CONTROL									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:

CHEAT CODE: "DOWN THE PAGE. NEVER ACROSS THE ROOM."

LEVEL 07 CLEARED.

Twenty-nine days ago the attention wallet had a hole in it and a queue of pickpockets. Now the apps are on probation, the mornings load your programming first, the power hours are fenced, a finished book has a date inside its back cover, and 3 a.m. you lost his philosophy license. The bill from Day 185 has a new number on it. Read them side by side and sign.



TODAY'S MISSION: IN WRITING

Copy and sign: "My attention is currency and I hold the wallet now. Humans-only notifications, mornings without input, one channel at a time, ten pages a night. I curate the mirror instead of feeding it. I make more than I consume. No verdicts after midnight, no duels with avatars, no premium fuel burned on idle. Level 08 loads tomorrow. The money. And it's about to meet a mind that can hold a number still. Signed on a full night's sleep, obviously." Sign and date. Then read your ten pages, champion. The streak doesn't sign itself.

SIGNATURE

DATE

CHEAT CODE: "SIGNED ON A FULL NIGHT'S SLEEP."

DAY 212 OF 365 • THE STREAK DOESN'T SIGN ITSELF



DAYS 213 - 243

LEVEL 08

MONEY

**QUIET MONEY BEATS LOUD BROKE.
THE WALLET IS A STAT BAR TOO.
NOBODY FLEXES THEIR WAY TO A FLOAT.**

READ THE BILL,
ROUND TWO.

Day 185 read the attention bill. This is the money version. The honest audit. What comes IN monthly, what goes OUT (the bank app knows), and the difference. Positive, zero, or quietly negative. Most guys have never run this once, coach. Gamer stats to the decimal, cashflow not at all.

TODAY'S QUEST • +50 XP

The audit, below. Three columns tonight. IN (everything, monthly), OUT (last month, rough), and THE GAP: circled, faced. No fixes today. Just the number, in ink, dated. You can't train an unmeasured stat, coach.

WRITE IT HERE:

IN, MONTHLY	OUT, LAST MONTH	THE GAP

CIRCLE THE GAP. FACE IT. NO FIXES TODAY.

CHEAT CODE: "K/D TO THE DECIMAL. CASHFLOW, UNKNOWN."
DAY 214 OF 365 • MEASURED, IN INK

MOG CHECK 08.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
FLOAT BALANCE (\$)		
SAVED THIS LEVEL (\$)		
SUBSCRIPTIONS CUT		
EXTRA EARNED (\$)		
NO-SPEND DAYS		

STAT UPDATE • SHADE WHAT MOVED:

MONEY										
EARNING										
DISCIPLINE										
CALM										

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:

LEVEL 08 CLEARED.

Thirty-one days ago the wallet was fog. Unknown numbers, quiet leaks, a casino in the pocket and four little invoices with teeth. Now it's JARS: the slice moves itself, the float has a number that climbs, the radar sweeps the feed, and fifty dollars exists that you summoned from nothing. The bill from Day 214 and the balance from today are on the same page in your handwriting. That page is the whole level.

TODAY'S MISSION: IN WRITING

Copy and sign: "Money is a stat and I train it quietly. The slice on arrival, the jars on everything, the hour every week. I don't pay the awkwardness tax, the hype tax, or the casino's math. My wants wait three days and my float waits for real emergencies. I can say numbers out loud and summon money from initiative. Level 09 loads tomorrow. The hands. The wallet will be funding the tools. Signed un-leveraged." Sign and date. Then check the float number once, champion. Rising, boring, beautiful. That's the flex nobody sees and everybody feels.

SIGNATURE

DATE

CHEAT CODE: "SIGNED UN-LEVERAGED."

DAY 243 OF 365 • RISING. BORING. BEAUTIFUL.



DAYS 244 - 273

LEVEL 09

SKILLS

THE INTERESTING-PERSON STAT.
COMPETENCE IS QUIET AND IT COMPOUNDS.
LEARN. BUILD. FIX. REPEAT.

PICK YOUR ONE.

The selection. The level runs ONE main skill (the Day 260 sprint needs a single target. Split focus learns six things to zero depth). The criteria. PULL (you actually want it. Borrowed goals die by day four), USE (fires in real life within a month), START-TODAY-ABLE (gear in reach). Guitar, language, code, knife skills. All legal, coach.

TODAY'S QUEST • +50 XP

Below. Three candidates from yesterday's menu, scored against the criteria. The winner circled, dated, committed. And session one scheduled inside 48 hours. One skill, one level, coach. The rest is queued, not cancelled.



WRITE IT HERE:

CANDIDATE	SCORE	WINNER
1		
2		
3		

SESSION ONE BOOKED FOR _____

CHEAT CODE: "BORROWED GOALS DIE BY DAY FOUR."
DAY 245 OF 365 • COMMITTED BEATS PERFECT-PICK

MOG CHECK 09.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
SPRINT DAYS DONE / 14		
THINGS FIXED		
PLATES OWNED / 5		
TEACH-BACKS RUN		
SKILLS IN THE STACK		

STAT UPDATE • SHADE WHAT MOVED:

SKILLS									
HANDS									
CONFIDENCE									
CURIOSITY									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:

CHEAT CODE: "DOWN THE PAGE. NEVER ACROSS THE ROOM."

LEVEL 09 CLEARED.

Thirty days ago the inventory was lopsided. A long list of always-meant-to and a short list of can-actually-do. Now there's a sprint with fourteen marks on it, five plates, a toolbox with a home, a fixed thing that stays fixed, a first-aid booking, and a demonstrable something you couldn't do a month ago. The talent myth lost a permission slip and the tutorial graveyard lost a resident. Sign it with the hands that did the work.

TODAY'S MISSION: IN WRITING

Copy and sign: "Skills are the interesting-person stat and mine compound now. One skill always in training, twenty minutes, the ugly hour paid happily every time. I watch one video and then I attempt. I fix what's broken, cook what's needed, and teach what I learn. My stack is my fingerprint and the slot never sits empty. Level 10 loads tomorrow. Discipline. The weld that makes all of it permanent. Signed by a guy who practices." Sign and date. Then run today's twenty minutes, champion. The identity ships with the streak, and the streak is live.

SIGNATURE

DATE

CHEAT CODE: "SIGNED BY A GUY WHO PRACTICES."





DAYS 274 - 304

LEVEL 10

DISCIPLINE

**MOTIVATION IS A FLAKY FRIEND.
SYSTEMS SHOW UP ANYWAY.
THIS IS THE WELD LEVEL.**

TRACK FIVE. IGNORE THE REST.

The measurement doctrine. Metric minimalism. The optimization bros track forty numbers and change nothing. The builders track FIVE and change everything, coach. Forty metrics is a spreadsheet cosplaying as progress. The five that matter are wired to your systems. Sleep, sessions, float, streak, screen. Five is the ceiling, they get logged at the weekly review in ninety seconds, and everything else gets deliberately ignored.

TODAY'S QUEST • +50 XP

Below. Your five chosen and locked. Drawn from the MOG CHECK rows, written with current values, logged Sundays in ninety seconds. Everything else deliberately ignored, coach. Five numbers, total picture.

WRITE IT HERE:

THE FIVE	CURRENT VALUE	LOGGED SUNDAYS
1		
2		
3		
4		
5		

CHEAT CODE: "FORTY METRICS IS COSPLAY, NOT PROGRESS."
DAY 291 OF 365 • FIVE NUMBERS, TOTAL PICTURE

MOG CHECK 10.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
FULL-SPEC DAYS / 7		
PROMISE STREAK (DAYS)		
WEEKLY REVIEWS RUN		
HARD-THING-FIRST DAYS		
DECISIONS AUTOMATED		

STAT UPDATE • SHADE WHAT MOVED:

SYSTEMS									
STREAKS									
IDENTITY									
CALM									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:

CHEAT CODE: "DOWN THE PAGE. NEVER ACROSS THE ROOM."

LEVEL 10 CLEARED.

Thirty-one days ago discipline was a word for other guys. Now it's a manual in your handwriting. The anchors mapped, the friction engineered, the calendar deciding in advance, the review catching drift before it whispers twice, and a promise streak that hasn't missed. The full-spec week proved the whole machine runs at once. The quiet quit got named, the flaky friend got demoted, and rest got written into the spec where it always belonged. Sign it at the Sunday review, ideally.

TODAY'S MISSION: IN WRITING

Copy and sign: "Discipline is a system and I'm the engineer. I rig rooms instead of fighting them, I never miss twice, my calendar decides while deciding is cheap, and my word to myself is reliable currency. I reward the rep, I rest on purpose, and my review runs every Sunday for the rest of my life. The machine builds machines now. Level 11 loads tomorrow. What the machines are FOR. Signed by the engineer." Sign and date. Then check the promise streak, champion. Still alive, still voting. That tick mark is the whole level in one stroke of ink.

SIGNATURE

DATE

CHEAT CODE: "SIGNED BY THE ENGINEER."



DAYS 305 - 334

LEVEL 11

AURA

WHO YOU ARE WHEN NOBODY CLIPS IT.
THE STAT THAT MOGS ALL STATS.
CHARACTER: THE FINAL CURRENCY.

THE CODE, WRITTEN.

The capstone. YOUR CODE: five lines, written by you, for you. Not borrowed slogans, coach. The laws extracted from eleven levels of receipts: unwritten codes flex: written ones hold. Day 365 will ask what you stand on.



TODAY'S QUEST • +50 XP

Below. The five lines drafted. Short, declarative, first-person ("my word converts to action". Yours, not these), tested against real evidence (PROVEN laws only), signed, dated, kept permanent, reviewed every Sunday, coach.

WRITE IT HERE:

SHORT. DECLARATIVE. FIRST PERSON. PROVEN ONLY.

1

2

3

4

5

SIGNED

DATE

CHEAT CODE: "UNWRITTEN CODES FLEX. WRITTEN ONES HOLD."

MOG CHECK 11.

YOU VS LAST-MONTH YOU. NOBODY ELSE IS IN THIS FIGHT.

	LAST CHECK	NOW
PROMISES KEPT / MADE		
REPAIRS RUN		
NO-RECEIPT DEEDS		
ON-TIME STREAK (DAYS)		
CODE LINES WRITTEN		

STAT UPDATE • SHADE WHAT MOVED:

WORD									
KINDNESS									
PATIENCE									
AURA									

ONE W FROM THIS LEVEL:

ONE THING TO PATCH NEXT LEVEL:

CHEAT CODE: "DOWN THE PAGE. NEVER ACROSS THE ROOM."

LEVEL 11 CLEARED.

Thirty days ago aura was a points joke from the feed. Now it's a signed code, a cleaned ledger, a volunteer morning nobody posted, a mentor with your thank-you note, and a say-do ratio that people quietly build on. The waiter test runs on default, the absent get defended, the elders get dialed, and the empty room got its audit. The multiplier stat is installed. Everything the other ten levels built just doubled in value.

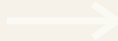
TODAY'S MISSION: IN WRITING

Copy and sign: "Aura is who I am when nobody clips it, and I know who that is now. My word converts, my clock respects, my kindness carries no invoices and my wins carry no gloat. I move first for the smallest guy in the room. I say the good thing to the living and I run one ethics at adjustable volume. My code is written, signed, and audited weekly. One level remains. The Final Boss. And it's just the whole machine, running, watched. Signed in an empty room, which is the only signature that counts." Sign and date. Then read your five lines once more, champion. That's what walks into Day 335.

SIGNATURE

DATE

CHEAT CODE: "SIGNED IN AN EMPTY ROOM."



DAYS 335 - 365

LEVEL 12

FINAL BOSS

NO NEW CONTENT. NO NEW EXCUSES.
THE PROVING MONTH.
THE ONLY OPPONENT EVER BOOKED: DAY-1 YOU.

THE LETTER TO DAY-1 YOU.

Camp's strangest assignment, and its most important: the LETTER: written to the guy who opened this book. The one with the three honest words and the mostly-empty bars. You know things now that he would have paid anything to know, coach. Not the tips. The VERDICTS: that the systems work, that the dip passes, that the mirror lags but pays, that he makes it. A letter across 348 days, from proof to hope.



TODAY'S QUEST • +50 XP

- Below. The letter, started here, finished wherever it needs. What you'd tell him first, what he should skip worrying about, which page he should trust hardest when the almost-quit week comes.
- Signed with today's date. Because next year, coach, some version of this rep repeats. And THIS letter is the save file that guy inherits.

WRITE IT HERE:

SIGNED

TODAY'S DATE

CHEAT CODE: "FROM PROOF TO HOPE, ACROSS 348 DAYS."

DAY 348 OF 365 • THE SAVE FILE HE INHERITS

THE CONTRACT OF THE MAN.

Eleven contracts closed eleven levels. This one closes a year, so it signs differently. Not what you did. What you ARE now, in writing, witnessed by 363 days of your own handwriting. Tomorrow is numbers. Tonight is the man the numbers belong to. Read it twice. Sign it once. Mean it permanently.

TODAY'S MISSION: IN WRITING

Copy and sign: "I am a man who keeps his word to himself. I sleep on schedule, train on schedule, and come back within one day of any miss, forever. I rig rooms instead of blaming willpower. My word converts, my kindness carries no invoices, and I move first for the smallest guy in the room. I compare down the page, never across the room, especially from the top. I hold what I built on ninety minutes a day and build one worthy thing at a time. The book ends tomorrow. The build doesn't end at all. Signed: the guy the mirror answers to now." Sign it. Date it. Then run the wind-down one more time, champion. The weigh-in is at dawn.

SIGNATURE

DATE

CHEAT CODE: "THE GUY THE MIRROR ANSWERS TO NOW."

DAY 364 OF 365 • THE WEIGH-IN IS AT DAWN

DAY 365 OF 365 • THE WEIGH-IN

THE FINAL MOG.

Open Day 1. Open Day 183. Lay them next to this page. Three save files, one year apart. Fill the last column cold. Shade the bars where they actually sit. Then read across each row, left to right, slowly. That direction. That's the mog.

	DAY 001	DAY 183	DAY 365
SLEEP LAST NIGHT (H)			
PUSHUPS, MAX SET			
SCREEN TIME / DAY (H)			
WATER / DAY (L)			
BOOKS THIS YEAR			

THE BARS, FINAL SHADE:

SLEEP									
BODY									
FITS									
RIZZ									
AURA									

THREE WORDS ABOUT THE MIRROR, FINAL ANSWER:

NOW GO READ THE DAY 348 LETTER. IT WAS ALWAYS FOR TODAY.

CHEAT CODE: "DOWN THE PAGE. NEVER ACROSS THE ROOM. YOU WIN."

DAY 365 OF 365 • GAME CLEARED • NEW GAME+ UNLOCKED