FREE PRINTABLE TOOLKIT

Disciplinemaxxing

Every worksheet, checklist and quick-reference page from the book, ready to print.

Knox Harlan

antaracollective.com/downloads

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

How to use these pages

These are the worksheets and checklists from *Disciplinemaxxing*. Print the ones you need, as often as you need them, and use them alongside the chapter they come from. Each sheet names its chapter at the top.

You can also fill them in on screen: the lines, boxes and tables are form fields (The Run Tracker is for printing only). Use a PDF app such as Adobe Acrobat Reader (free) or Preview on a Mac, type your answers, tick the boxes and save. Some phone viewers show the fields but won't save your answers.

Free to share

© 2026 Knox Harlan. These pages are licensed under Creative Commons Attribution-NonCommercial 4.0 (CC BY-NC 4.0). You may copy, share and adapt them, including with clients, students or a group, as long as you credit "Knox Harlan, *Disciplinemaxxing*" and don't sell them. The book itself is not covered by this license. License: creativecommons.org/licenses/by-nc/4.0. Latest version: antaracollective.com/downloads.

These tools offer general self-help information. They are not medical, psychological or professional advice and are not a substitute for care from a qualified professional.

What's inside

1. The Deal Audit (Chapter 1 · page 3)
2. The Lights-Out Checklist (Chapter 2 · page 4)
3. The Run Setup Card (Chapter 3 · page 5)
4. The Run Tracker (Chapter 3 · page 6)
5. My Excuse-Killer List (Chapter 4 · page 7)
6. My Process Run and Dial Log (Chapter 5 · page 8)
7. The Room Rig (Chapter 6 · page 9)
8. My Shrink Ladder (Chapter 7 · page 10)
9. The Restart Plan (Chapter 8 · page 11)
10. The Four Save Points (Chapter 9 · page 12)
11. My Ugly-Week Playbook (Chapter 10 · page 13)
12. When It's More Than Discipline (Chapter 10 · page 14)
13. My Day 30 Receipt (Chapter 11 · page 15)
14. My Next Run Card (Chapter 11 · page 16)
15. My Coach Card (Quick reference · page 17)
16. Quick reference pages (page 18 · The Coach Card)

WORKSHEET The Deal Audit

Look back over the last seven days. List up to three deals you made with yourself and broke. Be specific. You're the referee reviewing the tape here, not the judge handing out a sentence.

Deal 1, what I promised: _____

The moment it broke (day, time, where I was): _____

What the coach in my head said right then: _____

Within reach (phone, bed, console, snacks): _____

When I made the deal (time of night or day): _____

Deal 2, what I promised: _____

The moment it broke: _____

What the coach in my head said right then: _____

What was within reach: _____

When I made the deal: _____

Deal 3, what I promised: _____

The moment it broke: _____

What the coach in my head said right then: _____

What was within reach: _____

When I made the deal: _____

Now tick whatever applies:

☐ Most of these deals were made late at night.
☐ Most of them broke within half an hour of waking up, or right after work or class.
☐ My phone was within reach almost every time.
☐ The same line from the coach in my head showed up more than once.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

CHECKLIST **The Lights-Out Checklist**

Do these before you go to sleep tonight. Tick each one as you finish it.

☐ I picked one target, just one: _____

☐ My dumb-small start (under a minute): _____

☐ The object for that first move is sitting where I can't miss it.
☐ My phone is charging out of arm's reach (across the room or in another room).
☐ My alarm is somewhere I have to stand up to turn it off.
☐ The thing that usually eats my night (controller, laptop, snacks) is put away.
☐ I ran through my first step the boring way three times (pictured, said or touched).
☐ I've agreed with myself that the dumb-small start counts, even if I stop there.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET **The Run Setup Card**

Tonight, Day 1, write it all down in pen. Tape this card up beside the tracker.

The one area this run is about: _____

The reason I'd be proud of this in a month: _____

My daily move (a yes-or-no thing): _____

My minimum (what still counts on a terrible day, and stays this size all month): _____

My trigger line: When _____,

I _____.

Where my tracker lives (somewhere I'll see it every day): _____

Day 1 was: _____

Day 30 is: _____

- ☐ I picked the area I care about, not the one I "should" fix.
- ☐ I could do my minimum on my worst day.
- ☐ My trigger is something that already happens every day.
- ☐ I know the rest rule: minimum for reluctance, a new setup for obstacles, rest for illness or a real limit.
- ☐ Day 30 is in my phone calendar.
- ☐ Box 1 has its mark (a dot, if I did the start).

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

The Run Tracker

Print one for each run and put it somewhere you can't avoid at bedtime. Shade a box for the full move, put a dot in it for the minimum and leave it empty for a miss or a rest day, with one word on the notes line. This page is for printing; write on it by hand.

MY 30-DAY MAXX RUN

Area: _____

Daily move: _____

Minimum: _____

1	2	3	4	5	6	7	8	9	10

NOTES (one word per empty box) _____

11	12	13	14	15	16	17	18	19	20

NOTES (one word per empty box) _____

21	22	23	24	25	26	27	28	29	30

NOTES (one word per empty box) _____

■ **FULL** ◉ **MINIMUM** □ **EMPTY**

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET **My Excuse-Killer List**

Write down your five most common excuses, exactly the way they sound in your head. Then name the family, note when it usually shows up and write your answer. Keep each killer line short enough to fit on the back of your hand.

Excuse 1, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

Excuse 2, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

Excuse 3, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

Excuse 4, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

Excuse 5, word for word: _____

Family: _____

When it shows up: _____

Killer line: _____

The voice trick that worked best for me (cartoon, chipmunk, elbow, or none): _____

My Tired test, in my own words: _____

☐ I said each killer line out loud at least once.
☐ My top line is somewhere I'll see it at the moment the excuse usually hits.
☐ I know which family is my favorite play.
☐ I know my three answers: the minimum for reluctance, a better setup for an obstacle, rest for illness or a genuine limit.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET My Process Run and Dial Log

Write your process run first. The dial log is optional; skip it if you don't picture tasks.

The task I dread most in my run: _____

How I'll rehearse it (pictured, spoken or walked through): _____

My process run, in four frames:

Where I start: _____

First move of my feet: _____

First two moves of my hands: _____

First ten seconds of the task: _____

When I'll run it (microwave, kettle, elevator, the hallway outside): _____

Optional dial log. First reading (0 to 10): _____

Size. What I tried: _____

New reading: _____ Keep? ☐

Distance. What I tried: _____

New reading: _____ Keep? ☐

Brightness. What I tried: _____

New reading: _____ Keep? ☐

Sound. What I tried: _____

New reading: _____ Keep? ☐

The voice. What it says: _____

How I changed it: _____

New reading: _____ Keep? ☐

My working dials (the ones that lowered the number): _____

☐ I ran the process run once and stopped it ten seconds into the task.
☐ My process run has no trophy, no crowd and no "after" shot in it.
☐ If I tried the dials, I turned one at a time and took a reading after each.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

CHECKLIST The Room Rig

Set a timer for fifteen minutes. Time both moves with a stopwatch first, go spot by spot and tick each change when it's done, then time both moves again.

Before the rig, right move. Steps: _____ Seconds: _____

Before the rig, wrong move. Steps: _____ Seconds: _____

Easy mode for the right move:

☐ Bed: what goes on or by it tonight: _____

☐ Desk or table: the task already open and set out.
☐ Phone: the run's app (if any) on the home screen.
☐ Kitchen: what the run needs at eye level.
☐ Bag: packed and hanging on the door I leave through.

Hard mode for the wrong move:
☐ Phone: charging out of reach of where I sleep.
☐ Worst app: off the home screen, search-only.
☐ Console or TV: controller, batteries or cable moved somewhere that takes a walk.
☐ Snacks or other trap: boxed, put up high or not bought this week.

☐ If it's not my room, my one short ask: _____

My pair-up (a treat I only get during the run): _____

My backup pair-up, for when the first one fades: _____

After the rig, right move. Steps: _____ Seconds: _____

After the rig, wrong move. Steps: _____ Seconds: _____

☐ The right move now takes fewer steps and fewer seconds than the wrong one.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET **My Shrink Ladder**

Fill in each rung for your run, from the top down. Then rate how loud the coach gets about each one (0 = silent, 3 = full speech). Keep cutting rung 4 until it scores 0.

My run: _____

Rung 1, full version: _____

Coach score (0–3): _____

Rung 2, half: _____

Coach score (0–3): _____

Rung 3, minimum (still a marked day, same size all month): _____

Coach score (0–3): _____

Rung 4, dumb-small start (ten seconds or less): _____

Coach score (0–3): _____

Trigger line, normal day. When _____,

I _____.

Trigger line, odd day. When _____,

I _____.

The frame just before my last miss (my obstacle): _____

Obstacle line. If _____,

I _____.

☐ Both trigger lines pass the camera test.
☐ Rung 4 takes ten seconds or less and needs nothing found first.
☐ I did rung 4 today, just to prove it's real.
☐ The ladder is written where my tracker lives.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET **The Restart Plan**

Write this now, while every box is still fine. It's a note from today's you to the you who just missed a day.

My minimum, the very next rep after any miss: _____

When and where I'll do it: _____

What I'll say out loud when I see an empty box (short and true): _____

The excuse family most likely to show up after a miss: _____

My killer line for it (from Chapter 4): _____

☐ No make-up sessions. The empty box stays empty.
☐ No starting over. The count keeps going.
☐ Every empty box gets one word on the notes line.
☐ If I'm sick, hurt or up against a real limit, I rest without guilt, and my next rep is the minimum when I'm up.
☐ The tracker stays up, even on a bad week.

Save point (every seventh day):

Shaded: _____ Dots: _____ Empty: _____

Notes-line words this week: _____

The shape so far (steady, gap-and-back or slide): _____

What did these reps help me finish, learn or improve? _____

One fix for next week (an odd-day trigger, a better setup, a room rig): _____

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET The Four Save Points

Fill in each save point on its day. Short answers. Tick only what's true.

Save point, Day 7 (boss: The Forgetter)

Shaded: _____ Dots: _____ Empty: _____ Notes-line words: _____

☐ My trigger fired on its own most days, and my first step sat right next to it.

If it didn't, how I'll make it impossible to miss: _____

What did these reps help me finish, learn or improve? _____

Save point, Day 14 (boss: The Yawn)

Shaded: _____ Dots: _____ Empty: _____ Notes-line words: _____

☐ I used the Next-Rep Rule after every empty box.

The scenery change I'll try (not a new goal): _____

What did these reps help me finish, learn or improve? _____

Save point, Day 21 (boss: The Upgrade Itch)

Shaded boxes in my last seven: _____ Notes-line words: _____

☐ Five or more were shaded, and the full version feels easy.

My one-notch raise to the full version, or "no change": _____

Ideas I'm parking on the Day 30 list: _____

What did these reps help me finish, learn or improve? _____

Save point, Day 28 (boss: The Countdown)

☐ I'm counting up, not down.

☐ One person knows my Day 30 date.

The excuse I heard most this month: _____

The empty box I'm proudest of coming back from: _____

What did these reps help me finish, learn or improve? _____

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET **My Ugly-Week Playbook**

Look at your calendar from today to Day 30. Find the three stretches most likely to get ugly and plan each one now, while your head is clear.

Rough patch 1: _____

Rating (1 Smooth, 2 Bumpy, 3 Ugly, 4 Wrecked): _____ Daily target: _____

Trigger swap, if my usual one won't fire: _____

Rough patch 2: _____

Rating: _____ Daily target: _____

Trigger swap: _____

Rough patch 3: _____

Rating: _____ Daily target: _____

Trigger swap: _____

My one line for people who tease or tempt: _____

- ☐ I'll rate each week on Sunday night, before it starts.
- ☐ My minimum is written on the tracker where I can see it.
- ☐ Reluctance gets the minimum, an obstacle gets a better setup, and illness or a genuine limit gets rest, with the minimum as my next rep.
- ☐ In an Ugly week, I protect my bedtime.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

CHECKLIST **When It's More Than Discipline**

Tick anything that's been true for you. One tick or more is your cue to make an appointment with a doctor or licensed therapist.

- ☐ Trouble focusing and finishing since childhood, in most parts of my life
- ☐ Low, empty or uninterested most days for two weeks or more
- ☐ Worry that keeps me from even starting
- ☐ Sleep that's been a mess for weeks
- ☐ A habit I can't cut back on (gaming, gambling, my phone, alcohol, a substance)
- ☐ A painful memory that keeps replaying and won't fade
- ☐ Any thoughts of harming myself (talk to a doctor or licensed therapist soon)

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET **My Day 30 Receipt**

Do this with your tracker and your four save points in front of you.

Shaded: _____ Dotted: _____ Empty: _____ Marked total: _____ / 30

Of the empty boxes, rest days: _____ Misses: _____

My longest stretch: _____ days (Days _____ to _____)

Comebacks (an empty box with a mark right after it): _____

The word that shows up most on my notes line: _____

The excuse family that showed up most: _____

The killer line that worked best: _____

The fix that did the most: _____

What these thirty days of reps helped me finish, learn or improve: _____

I'm someone who _____

☐ I wrote my sentence using only what the page shows.
☐ I took a photo of the page.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET **My Next Run Card**

Fill this in the same night as your receipt.

My choice for Day 31 (Retire or Replace, Keep, Level Up or Add): _____

Run one, from tomorrow. Daily move: _____

Minimum (unchanged): _____

If Level Up, how the full version goes up one notch: _____

One fix from my notes line (a new trigger, a better setup): _____

If Add, run two's area: _____

Run two's minimum: _____

Run two's dumb-small start: _____

Run two's trigger line: When _____,

I _____.

New Day 1 (tomorrow): _____ New Day 30: _____

☐ The new Day 30 is in my phone calendar with an alert.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

WORKSHEET **My Coach Card**

Copy each line from the worksheet where you first wrote it. Pencil is fine; you'll change some of these after Day 30.

My area: _____

My daily move: _____

My minimum (same size all month): _____

My dumb-small start: _____

My trigger line: When _____,

I _____.

My odd-day trigger line: When _____,

I _____.

My obstacle line: If _____,

I _____.

My process run, first two moves: _____

My best dial, if any: _____

My room rig, in one line (seconds before and after): _____

Killer line for Mood: _____

Killer line for Time: _____

Killer line for Later: _____

Killer line for What's-the-Point: _____

Killer line for Already-Blew-It: _____

Killer line for Tired: _____

What I'll say when I see an empty box: _____

My Day 30: _____

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

The Coach Card

The Five Controls

Control	What you do	Chapter
Call It	Catch the line, name the family, fire your killer line once and move within ten seconds	4
Flip It	Rehearse the first thirty seconds of the start (pictured, said or walked through); optional: turn one Picture Dial at a time and keep what lowers your 0 to 10 reading	5
Rig It	Time the right move and the wrong move with a stopwatch, give the right move easy mode and the wrong move hard mode, add a pair-up and time both again	6
Shrink It	Start on the bottom rung of your Shrink Ladder, with a trigger line and an obstacle line	7
Track It	Mark every night (shaded, dot or empty, with one word on the notes line for an empty box) and use the Next-Rep Rule after a miss	8

The Six Plays and Their Killer Lines

• **Mood:** “Moods follow moves. Move first.”

• **Time:** “Ninety seconds fits in any day.”

• **Later:** “Later already had its turn.”

• **What’s-the-Point:** “The point is tonight’s box.”

• **Already-Blew-It:** “One empty box, not an empty page.”

• **Tired:** “Tired gets the small version.”

The Rest Rule

• **Ordinary reluctance:** do the minimum and mark the dot.

• **A practical obstacle:** fix the setup (time, place or trigger), and do the minimum if you still can.

• **Illness, recovery or a genuine limit:** rest, or a planned pause, with no guilt. The box stays empty, with one word on the notes line.

The Run Tracker Key

• **Full:** shade the box in.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads

• **Minimum:** one dot in the center of the box.

• **Empty:** a miss or a rest day. Leave it empty, write one word on the notes line, then take the next rep.

The Next-Rep Rule

Miss a day, and your very next rep is the minimum. No make-up session, and no starting over.

Your Run on One Line Each

• **Day 0 (tonight):** Chapters 1 and 2, then the four Lights-Out moves.

• **Day 1 (tomorrow):** the dumb-small start in the morning; Chapter 3 and the Run Setup Card that evening; a dot in box 1 if you did the start.

• **Days 2 to 6:** one control a day, Chapters 4 to 8. Then Chapter 9 (pick your check-in day, between Days 10 and 15) and Chapter 10, both by Day 7.

• **Days 7, 14, 21 and 28:** a five-minute save point, including one question: what did these reps help me finish, learn or improve? (Chapter 9)

• **Every Sunday night:** rate the week Smooth, Bumpy, Ugly or Wrecked, and let the rating set the target (Chapter 10).

• **Day 30:** read your receipts, count your comebacks, ask whether the run is still worth it, then pick Keep, Level Up or Add (Chapter 11). The minimum stays the same size; only the full version levels up.

Stuck at Ugly or Wrecked for weeks, or ticking anything on the When It's More Than Discipline checklist? Book a visit with a doctor or a licensed therapist (Chapter 10).

Your Own Card

These pages are the book's version of the Coach Card. Your own version is My Coach Card, earlier in this toolkit: fill it in tonight and keep it next to your tracker.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads