

THE CLARITY PROTOCOL

Progress Dashboard

Built in Cape Town. Engineered for the world.

THE CLARITY PROTOCOL: 90-DAY PROGRESS DASHBOARD

Phase: Rebuilding → Foundation → Sovereign

Physical PBs (Personal Bests)

Strength Benchmarks

MOVEMENT	DAY 1	DAY 30	DAY 60	DAY 90	TARGET
Max Strict Pull-ups					15+
Max Parallel Bar Dips					20+
Max Dead Hang (sec)					120s
Max False Grip Hang (sec)					45s
Max Push-ups (1 set)					50+
Pistol Squat (reps/leg)					5/leg
Wall Handstand Hold (sec)					60s
L-Sit Hold (sec)					20s
Muscle-Up	Not yet	Negatives	Singles	Strict	3 Strict

Speed / Endurance

METRIC	DAY 1	DAY 30	DAY 60	DAY 90
1-Mile Run Time				
40m Sprint Time				
100 Push-ups Time				
100 Squats Time				
50 Burpees Time				

Body Composition

METRIC	DAY 1	DAY 30	DAY 60	DAY 90
Weight (kg)				
Waist (cm)				
Body Fat % (est.)				
Morning Energy (1-10)				
Sleep Quality (1-10)				

Thermal Load Totals

MONTH	COLD (MIN)	HEAT (MIN)	COLD SESSIONS	HEAT SESSIONS
Month 1	/44	/240		
Month 2	/44	/240		
Month 3	/44	/240		

Monthly target: 44 min cold (11/week x 4) + 240 min heat (60/week x 4).

Training Volume

MONTH	SESSIONS COMPLETED	WORKOUTS FROM DB	FAVOURITE SESSION	HARDEST SESSION
Month 1	/12			
Month 2	/12			
Month 3	/12			

Nutrition Compliance

WEEK	SEED OIL FREE	ORGANIC PROTEIN	FASTING WINDOW HIT	POST-WO MEAL ON TIME
Wk 1	[]	[]	[]	[]
Wk 2	[]	[]	[]	[]
Wk 3	[]	[]	[]	[]
Wk 4	[]	[]	[]	[]
Wk 5	[]	[]	[]	[]
Wk 6	[]	[]	[]	[]
Wk 7	[]	[]	[]	[]
Wk 8	[]	[]	[]	[]
Wk 9	[]	[]	[]	[]
Wk 10	[]	[]	[]	[]
Wk 11	[]	[]	[]	[]
Wk 12	[]	[]	[]	[]

Stoic / Mental Metrics

PRACTICE	DAY 1	DAY 30	DAY 60	DAY 90
Mornings without phone (first 30 min)	/30	/30	/30	/30
Sessions completed in silence				
Cold plunges without hesitation				
Decisions passed through Clarity Filter				
Days journaled (evening review)	/30	/30	/30	/30

Progression Unlocks (Log Date Achieved)

MILESTONE	DATE	NOTES
First 10 strict pull-ups		
First 60s dead hang		
First false grip hang (30s)		
First chest-to-bar pull-up		
First muscle-up negative		
First muscle-up (any style)		
First strict ring muscle-up		
First freestanding handstand (5s)		
First pistol squat		
All 11 min cold in one week		
All 60 min heat in one week		
30-day nutrition streak		
Completed The Protocol Peak (#100)		

90-Day Review

What changed:

What worked:

What to cut (Via Negativa):

Next 90-day focus:
