



# Welcome to Born Tough Trainer

The only full-time personal  
mental toughness coach that fits  
in the palm of your hand.

Login

Sign Up



Full name

---

Email

---

Password

---

Confirm Password

---

Create Account

Already have an account? [Sign In](#)



Name

Sport

Level



Gender

Team / School / Club / Academy

Mobile Phone

Clicking Sign Up means that you agree to the  
[Terms & Conditions](#) and [Privacy Policy](#).

**Get Started!**

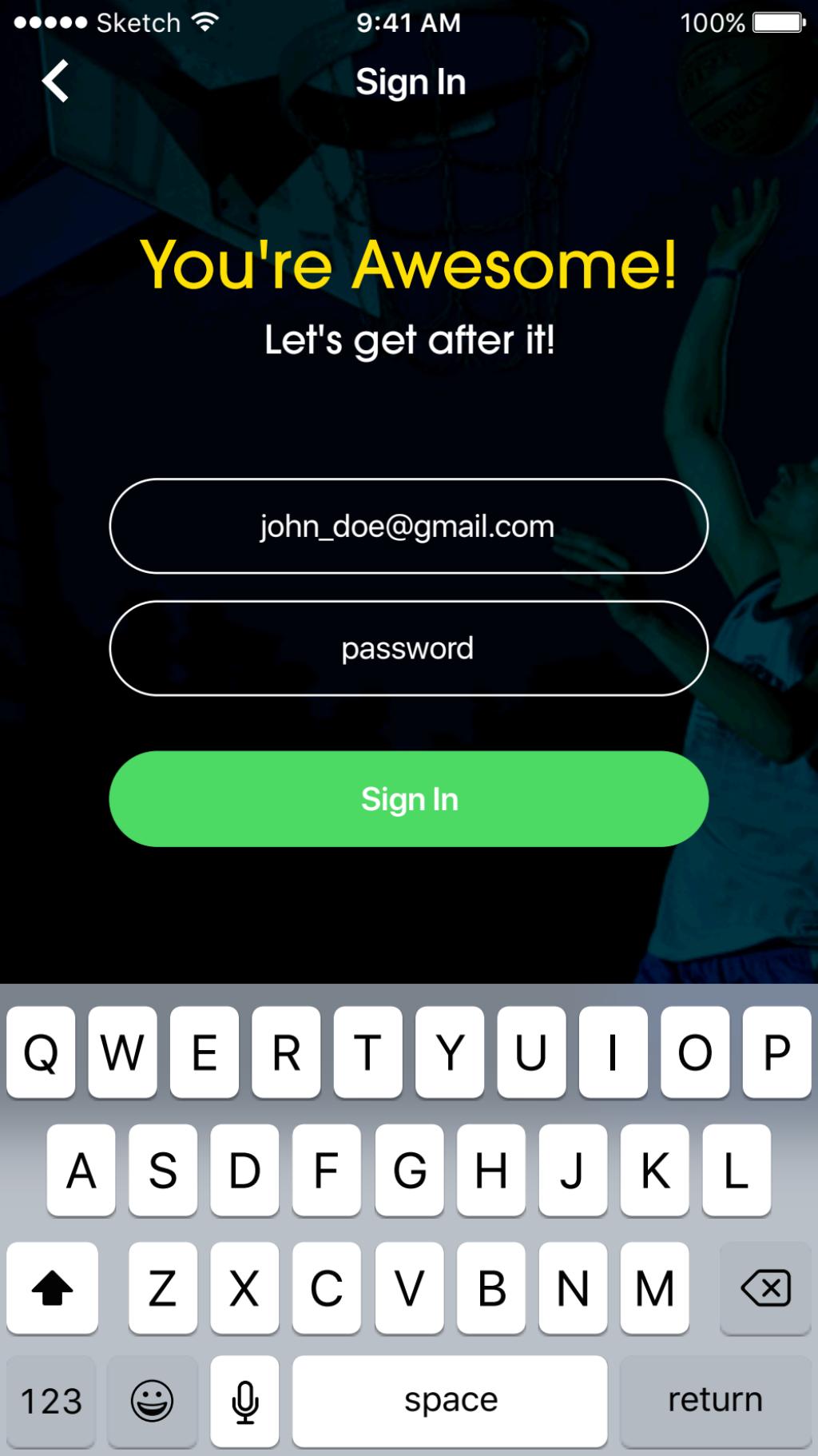


# Welcome to Born Tough Trainer

Become a Born Tough Trainee  
to unlock our mental toughness  
training. Join Now!

[Login](#)

[Sign Up](#)

A dark background image of a basketball player in mid-air, performing a layup or dunk. The player is wearing a blue jersey with the number 23. The scene is set against a bright, overexposed background.

Sign In

# You're Awesome!

Let's get after it!

Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ⌂

123



space

return



**Gavin Craig**

FIU Team Red

**Messages** 128

**Create Identity**

**Commit to Today**

**Produce Pep Talks**

**Log Progress**

**Develop Routines**

**Interview Yourself**

**Track Character**

**Find Flo**

**Have Faith**





# Create Identity

What are you working towards?

Define your athletic dreams:  
(after clicked the top goes away  
and font is 14 here)

What is your attitude slogan?

sample:  
**I'm unstoppable!**



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# Commit to Today

What do we have to accomplish to make today a success?

+ Add a New Task



# Create New task



New Task Name

My New task

---

New Task Description

New Task Description





# Commit to Today



## Today's List



Completed

Task 1

Task 2

Task 3

Task 4

Task 5



Task 6



Task 7



Task 8



All Completed



New List



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# Pep Talks

Record your own "Pep Talk" so you can hear  
your own voice as you create a mentally  
tough mindset for training and performance.

+ Add Pep Talk



# Create New Pep Talk

My New Talk Title

---

00:00





# Pep Talks



Pep Talk 1



Pep Talk 1



Pep Talk 1



Pep Talk 1



Pep Talk 1



Pep Talk 1



Pep Talk 1



Pep Talk 1





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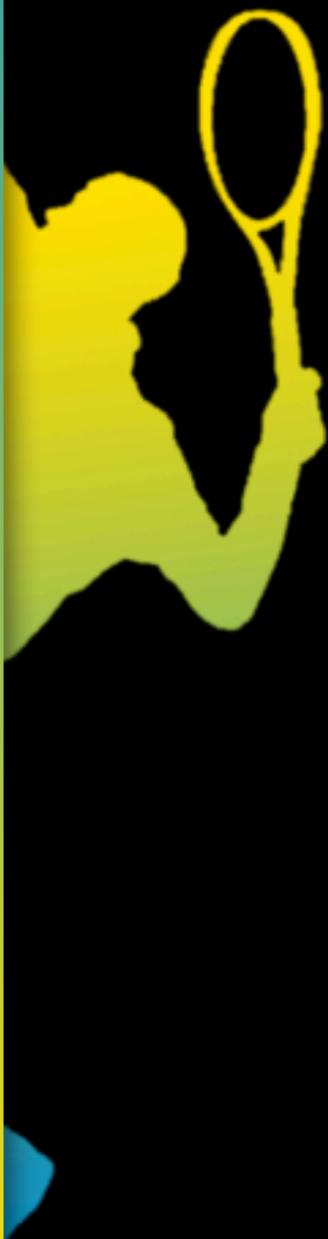
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# Log Progress

Create your Logs to help evaluate your training and performance over time.

**+ Add New Log**



# Create New Log

Log Title

---

Log Date

---

Create Log:





# Log Progress



Log 1 - Date



Log 2 - Date



Log 3 - Date



Log 4 - Date



Log 5 - Date



Log 6 - Date



Log 7 - Date



Log 8 - Date





## Edit Log

This is my title



xx/xx/xx



Lorem ipsum Lorem ipsum Lorem ipsum  
Lorem ipsum Lorem ipsum





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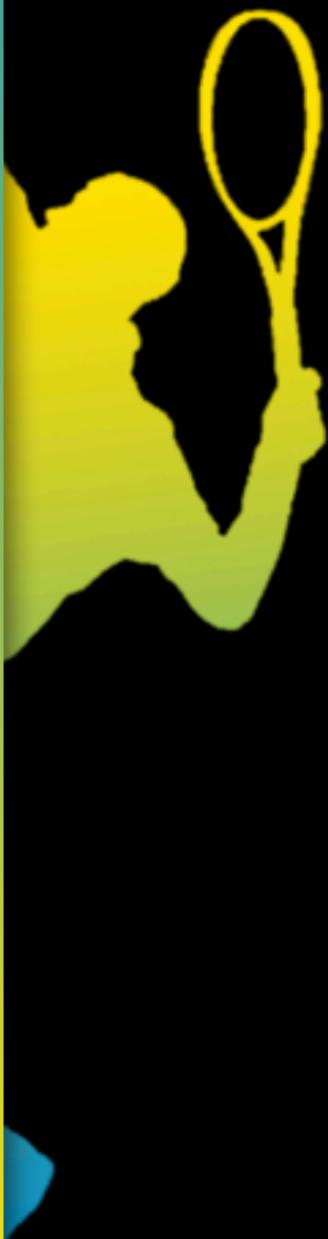
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# Develop Routines

Create the routines you will rely on during training and performance to ensure mental toughness.

+ Add a New Task



# Create Routine



New Routine Title

---



Add New Step

---





# Routines



## Routine Title 1

- Run 30 min
- Legs workout
- Burpies
- Run 40 min
- planques
- Abs

## Routine Title 2

## Routine Title 3

## Routine Title 4





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# Interview Yourself

Add New Interview

+ Add New Interview



# New Interview

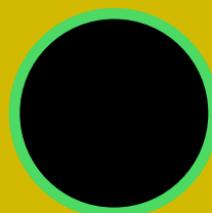
Interview Title

---

Interview Date

---

00:00



# Interviews

 Play Interview Title

## Play Interview Title

 Play Interview Title

## Play Interview Title

 Play Interview Title

 Play Interview Title

 Play Interview Title

 Play Interview Title

X



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# Track Character

"Winning is not a sometime thing; it's an all the time thing. You don't win once in a while; you don't do things right once in a while; you do them right all of the time. Winning is a habit. Unfortunately, so is losing." **Vince Lombardi**

Set up Tracker

Enter Grade

View Responses

# How often do you want to track?

Daily

Weekly



Monthly

**View Responses**

# Track Character

Lore ipsum dolor sit amet, consectetur  
adipisicing elit, sed do eiusmod tempor  
incididunt ut labore et dolore

Setup Tracker

Enter Grade

View Responses

# Grade Yourself

A

B



C

D

F

[View Responses](#)

←

# Your Grades

+

**Your Character - Date**

**A**

**Your Character - Date**

**B**

**Your Character - Date**

**B**

**Your Character - Date**

**A**



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# Find Flo

Keeping 100% of your focus in the present moment is the key to competing at your best.

[Set up Flo Tracker](#)

[Enter Grade](#)

[View Responses](#)



# How often do you want to track?

Daily

Weekly



Monthly

**View Responses**



# Find Flo

Lore ipsum dolor sit amet, consectetur  
adipisicing elit, sed do eiusmod tempor  
incididunt ut labore et dolore

Set up Flo Tracker

Enter Grade

View Responses



# Grade Yourself

A

B



C

D

F

[View Responses](#)



# Your Grades



**Log 1 - Date**

**A**

**Log 2 - Date**

**B**

**Log 3 - Date**

**B**

**Log 4 - Date**

**A**

**Log 5 - Date**

**A**

**Log 6 - Date**

**A**

**Log 7 - Date**

**A**



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# Have Faith

What do you believe in?

sample:

**In me and myself!**

Why will you be successful?

sample:

**Because I ROCK!**