

# THE FORGE

## 30-DAY FORMATION SCORECARD

The Forge is a formation system for men who are done drifting — built through discipline, brotherhood, and daily standards.

### 01 IDENTITY TARGET — WHO ARE YOU BECOMING?

*This month, I am becoming a man who*

*I am creating space to*

### 02 THE STANDARD — THIS IS THE MINIMUM

**THIS IS NOT A GOAL. THIS IS THE FLOOR.**

#### PHYSICAL

- 3 workouts/week (12 total)
- 75 push-ups daily
- Cold exposure 3x/week

#### DISCIPLINE

- Fixed wake time
- Consistent sleep window
- Keep one commitment daily

#### BROTHERHOOD

- Weekly Triad check-in (x4)
- One honest conversation
- Showed up fully

#### INTEGRITY

- Did what I said
- No hiding, no excuses
- Took full ownership

#### NUTRITION

- Eat clean — whole foods
- Appropriate portions
- Hydration — 2.5-3L/day

#### IDENTITY

- Learn: read/listen 20 min
- Reflect: journal/pray
- Grow: apply one insight

### 03 WEEKLY SCORE — 0 TO 10 PER DOMAIN

Score each domain weekly. Total each week. Add monthly total at bottom.

WK	PHYSICAL	DISCIPLINE	BROTHERHOOD	INTEGRITY	NUTRITION	IDENTITY	WEEK TOTAL
1	__/10	__/10	__/10	__/10	__/10	__/10	__/60
2	__/10	__/10	__/10	__/10	__/10	__/10	__/60
3	__/10	__/10	__/10	__/10	__/10	__/10	__/60
4	__/10	__/10	__/10	__/10	__/10	__/10	__/60
<b>MONTHLY TOTAL</b>							<b>____ / 240</b>

### 04 STATUS — CIRCLE WEEKLY

#### FORGING

8-10

You are becoming

#### FLICKERING

5-7

You are slipping

#### FAILING

0-4

You are drifting

### 05 WEEKLY QUESTION

"Where did I break my word this week?"

BRING COMPLETED TO NEXT SESSION · [experiencia.me/forge](http://experiencia.me/forge) · FORGE SESSIONS 2ND SATURDAY EVERY MONTH

# THE FORGE CODE

Forge men know who they are.

Forge men do what they say.

Forge men don't drift.

Forge men are known.

*Forge men are becoming.*

## THE MONTHLY DIRECTIVE

You are not trying to change your life.  
You are proving who you are — daily.

## CLARITY REMINDER

You do not lack discipline.  
You lack structure. Now you have one.

## BROTHERHOOD REMINDER

You are not meant to do this alone.  
Stay connected. Stay accountable.

## NUTRITION STANDARD

Eat clean — whole foods, minimal processed.  
Appropriate quantity — fuel the mission, don't exceed it. Hydrate: 2.5–3L daily.

## IDENTITY STANDARD

Create space to learn, reflect, and grow. 20 minutes daily — read, listen, or journal.  
Apply one insight per week to your real life. Document what shifts in the Shadow Document.

## FINAL CHARGE

**For the next 30 days — live this. Don't negotiate with it.**  
*You agreed to the standard the moment you walked in. Now prove it.*

## DOWNLOAD YOUR 30-DAY STANDARD

*This is not a tracker. This is the standard.*

**DOWNLOAD · PRINT · EXECUTE**

## THE FIVE PILLARS

01 IDENTITY

02 BROTHERHOOD

03 REST

04 NUTRITION

05 EXERCISE