

# IRON45

CHANGEYOURGAME.







**IT ALL STARTS  
WITH YOU.**

CLICK [HERE](#) TO SCREENSHOT THE PICTURE ABOVE. THEN USE TO SHARE AND TRACK YOUR WORKOUTS ON YOUR IG STORY!

# KEEP TRACK

<b>DAY</b> 01	Never say never, because limits, like fears, are often just an illusion — Michael Jordan	
GRATITUDE:		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WORKOUT	NUTRITION	GRATITUDE

<b>DAY</b> 02	Success is not an accident, success is actually a choice. Take the big shot and all that. To excel at the highest level — or any level, really — you need to believe in yourself. — Steph Curry	
GRATITUDE:		
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WORKOUT	NUTRITION	GRATITUDE

<b>DAY</b> 03	Imagine if you drank water as often as you checked your feed.	
GRATITUDE:		
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WORKOUT	NUTRITION	GRATITUDE

<b>DAY</b> 04	"It's going to be a journey. It's not a sprint to get in shape." —Kerri Walsh Jennings	
GRATITUDE:		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WORKOUT	NUTRITION	GRATITUDE





DAY

05

"I don't count my situps. I only start counting once it starts hurting."  
—Muhammad Ali

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

06

"To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them" —Picabo Street

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

07

"Do you know what my favorite part of the game is? The opportunity to play." —Mike Singletary

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

08

"A trophy carries dust. Memories last forever."  
— Mary Lou Retton

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

09

"Kill them with success and bury them with a smile."  
— Drake

GRATITUDE:

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WORKOUT

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GRATITUDE

DAY

10

"I'd rather regret the risks that didn't work out than the chances I didn't take at all." — Simone Biles

GRATITUDE:

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WORKOUT

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GRATITUDE



DAY

11

Start where you are.  
Use what you have.  
Do what you can.

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

12

"I'm a big fan of doing  
what you are really bad at.  
A lot." —Shaun White

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

13

"You just gotta keep going and  
fighting for everything, and one  
day you'll get to where you  
want." —Naomi Osaka

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

14

"Success isn't owned. It's leased  
and rent is due every day."  
—JJ Watt

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

15

"Good players create opportunities.  
The great players and the great  
people seize them" —Mia Hamm

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

16

"It's not always about the  
results, it's about the journey."  
—Rory McIlroy

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE



DAY

17

"And life will throw you some curveballs. Failure will happen, and how you handle it will help shape you into the person you are going to become." —Megan Rapinoe

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

18

"They say: Champions make their own luck. It's true: The harder you work, the luckier you get."  
— Katie Ledecky

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

19

"Waiting for perfect is never as smart as making progress."  
—Seth Godin

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

20

Boss up and change your life.  
—Lizzo

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

21

"What makes something special is not just what you have to gain, but what you feel there is to lose." — Andre Agassi

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

22

"I don't wanna spend my life jaded, waiting to wake up one day and find that I've let all these years go by wasted."  
— Carrie Underwood

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE





DAY

23

When I get where I'm going,  
there'll be only happy tears.

— Brad Paisley

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

24

The way to get started is to  
quit talking and begin doing.

—Walt Disney

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

25

It's not whether you get  
knocked down; it's whether you  
get up" — Vince Lombardi

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

26

Haters are a good problem  
to have. Nobody hates the good  
ones. They hate the great ones  
— Kobe Bryant

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

27

"The only person who can stop  
you from reaching your goals  
is you."— Jackie Joyner-Kersey

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

28

"The only way to prove you are  
a good sport is to lose."

— Ernie Banks

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE



DAY

29

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do."  
— Derek Jeter

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

30

You miss 100 percent of the shots you don't take."  
— Wayne Gretzky

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

31

Old energy cannot sustain new destiny!

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

32

I'll never score a goal in my life without getting a pass from someone else. — Abby Wambach

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

33

You can't put a limit on anything. The more you dream, the farther you get.  
— Michael Phelps

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

34

Keep your face always toward the sunshine—and shadows will fall behind you. — Walt Whitman

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE



DAY

35

"Champions keep playing until they get it right."

— Billie Jean King

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

36

"There are two things you can do. Prove them right, or you can prove them wrong."

— Julian Edelman

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

37

"It's hard to beat a person who never gives up" — Babe Ruth

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

38

"You have to expect things of yourself before you can do them"

— Michael Jordan

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

39

"When you've got something to prove, there's nothing greater than a challenge."

— Terry Bradshaw

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

40

"There is always going to be a reason why you can't do something; your job is to constantly look for the reasons why you can achieve your dreams."

— Shannon Miller

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE





DAY

41

"Set realistic goals, keep re-evaluating, and be consistent."

- Venus Williams

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

42

"Persistence can change failure into extraordinary achievement."

- Matt Biondi

GRATITUDE:

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NUTRITION

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GRATITUDE

DAY

43

"Always make a total effort, even when the odds are against you." - Arnold Palmer

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

44

"The potential for greatness lives within each of us."

- Wilma Rudolph

GRATITUDE:

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WORKOUT

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NUTRITION

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GRATITUDE

DAY

45

"To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them." - Picabo Street

GRATITUDE:

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GRATITUDE

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**GAME  
CHANGER.**



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