



**3 Things Every Day  
Accountability Journal**

*3 Month Club*



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*This journal belongs to:*

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## The Iron Age Way

THRIVE.

It's not just a word of the day.

It's the word of my life. At least this stage of my life - my Iron Age.

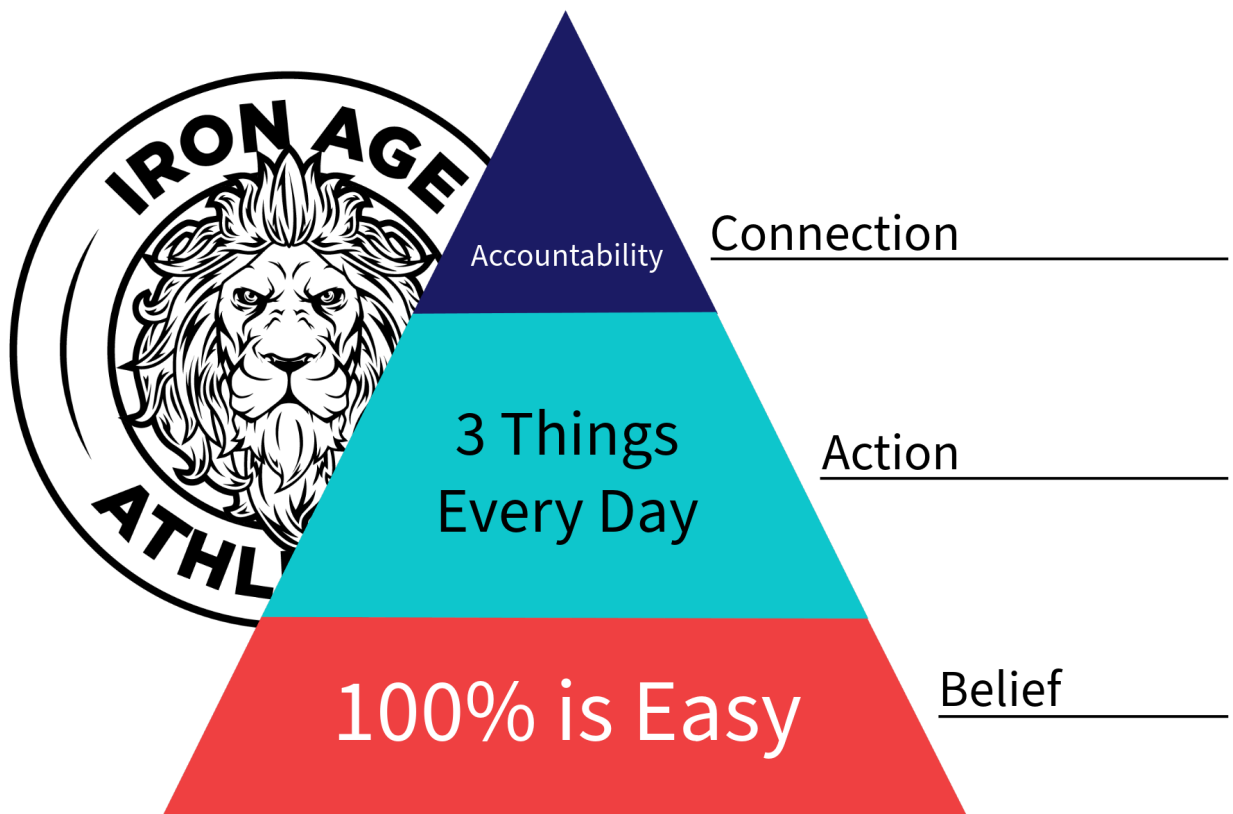
The greatest epoch of my life.

Fitness is the foundation that my ability to thrive is built upon. And through trial and error, and years of experimentation, I have found a core philosophy that keeps me going. And thriving.

It's based on the belief that 100% is easy.

It's based on taking that belief and turning it into action - which is my 3 Things Every Day™ habit stacking platform.

And finally, it's based on connecting with others - creating a community of men and women who want to share their journey through this Iron Age - and more importantly - help each other to thrive by staying on the path and being accountable.



## **100% is Easy**

Not a new concept, but absolutely transformative in that it takes all the debate, decision-making, worry and angst out of your commitments. Because 100% means you do them every day. No matter what.

It is ... the law. The way. The path. Whatever you want to call it.

This is the mindset that I have used over the last 5+ years to exercise every day for 1,864 days in a row (and counting).

What makes it “easy” as opposed to trying to exercise 5 days a week, is I don’t have to decide which days. I don’t have to debate whether or not I feel like it. I don’t have to watch the weather and switch days because it’s raining.

All that noise just goes away. You take those minds games out of the equation!

I exercise every day. No matter what.

I don’t worry about the weather. I don’t worry about how I feel. I don’t worry if I’m traveling. I don’t worry.

I don’t have to fight it.

I just exercise.

Every day.

That doesn’t mean there haven’t been days where I’m slogging on the treadmill with a barf bucket in my hands. It doesn’t mean there haven’t been days where I’m up at 4:00am running because of travel. That doesn’t mean there haven’t been days where I’m doing push-ups, sit-ups and chair dips in my hotel room because there is no fitness center.

It doesn’t mean there haven’t been days where I head down to the home gym and just lay on the floor for 15 minutes wondering why I do this.

What it does mean is that after that 15 minute pity party, I stand up and just start moving. Then, 90 minutes later, you close the books on another solid workout.

What it does mean is that yes, discipline will set you free.

Consistency and habit will set you free.

Because I believe in my heart that 100% is easy.

### **3 Things Every Day**

Taking that belief, that 100% is easy, and turning it into action is the next step.

To this end, I have developed a habit stacking platform called “3 Things Every Day” which is the centerpiece to a lifestyle of discipline and getting things done.

Here’s how it works.

You start with one main commitment or action that you want to do every day. This is most important thing you want to focus on for the next 3 months. For me, it’s exercise. I will exercise every day for the next 3 months (more on the 3 month commitment later).

For you it could be something else. Maybe you want to be more specific. Maybe it’s running every day. Or yoga. Or walking. Anything.

Just give this some serious thought. Make sure it is the #1 activity or action you want to commit to.

Next, pick a secondary commitment, which is a little smaller than your first one, but connected to it in some way. For me it’s eating a healthy lunch - usually a protein-rich salad.

For you, if you want to run every day as your main activity, maybe you decide to stretch for 30 minutes each evening. Maybe it’s going to bed each night by 10:00pm for better sleep and recovery. Maybe it’s fasting.

Whatever you choose, try to have synergy between the two. It’ll make it easier to stick to, and give compounding results - and like the running and stretching combo - they could even be done back to back for even easier completion.

Finally, for number 3, pick something small - that over the course of the 3 month commitment, could have a real impact.

For me it’s journaling. I complete one page in my journal each morning. I use it to reflect on the past few days and the events in them, I use it to set up the day and how I want to show up, and I also use it for positive self-talk. One page a day ... takes less than 15 minutes, and it has had a huge impact in my life. It has become a ritual of importance for me. And I couldn’t imagine starting the day without it now.

For you, it could be anything. Reading for 15 minutes. Learning a new language. Washing the dishes each evening so the sink is clean at the start of the day. Anything really. Meditation, flossing, blogging....

You will be surprised how this one small, final commitment can be so impactful.

Take your time choosing these things. Give it some real thought. Make sure you are choosing these activities for the right reasons.

Because for them to be truly impactful, you need to commit to them for at least months.

Why the 3 month commitment?

Lot's of reasons.

The first is that it simply gives you time to have them be impactful. It gives you time to have them become part of your lifestyle .... part of your identity, if you so choose.

Consistency over time is the secret sauce.

Running every day for a month is cool. Run every day for 3 months is habit forming. Run every day a year - and you'll be a different person.

It also gives you the time and consistency to get real results. Many of us start and stop so many times during the year, we end up with a series of false progressions - where you end up in the same place after each restart. If you commit to doing these things every day for at least 3 months, you will end up in a very different place. You will end up with real progress.

What I like about my exercise streak is that I embody "semper paratus" - meaning I am "always ready." If my buddies want to run a 1/2 marathon, I'm in. If they want to complete the Murph on Memorial Day, I'm in. If they want to enter a Spartan Race, I'm in. With a focus on weight training and running - I feel I am ready for anything.

And if I really want to get race ready, I'm only a few weeks off. I just kick it up a notch for a bit, and I'm ready to blast a good 5k. Semper paratus!

Other reasons for the 3 month commitment tie to concepts I've picked up from experts in the fields of fitness, psychology and other fields.

Angela Duckworth describes that people who have "Grit" display passion + perseverance ... or consistency over time. *You can read more about Angela's concept in her book "Grit" - <https://angeladuckworth.com/grit-book/>*

George Leonard writes about "mastery" being all about practice and process - and how this is one way to achieve real, lasting progress - where you reach new plateaus time and time again. *You can read more about George's concept in his book "Mastery" - <https://www.amazon.com/Mastery-Keys-Success-Long-Term-Fulfillment/dp/0452267560>*

Other authors describe how process driven people always outperform outcome driven people, because the process driven people focus on the day to day work - which naturally leads to the outcomes desired. The outcome driven people fail, because they lack the process and habits needed for success (they cherish the outcome more than the journey and the discipline of practice).

If you win the day, day in and day out ... over time you will thrive.



## **Accountability**

Without my tribe of #nodaysoff fitness fanatics, I don't think my streak of exercise days would have made it this far.

Why?

Doing hard things with others, with a team, with a tribe of committed people is so much easier than going alone. I think anyone who has played team sports can attest to that.

But it's more than that.

The accountability factor has upped the ante. It has made it almost impossible to quit. Impossible to fail. Our #nodaysoff team texts our workouts to the group each day. Some of the core members have been doing this since day one, with a number of us past the 5 year mark.

We set the expectation - and we hold each other to it. Surround yourself with a circle of people who expect the best from you (and you of them) and the outcomes might be more than you can even imagine.

As we get into our Iron Age, these groups and communities become critical to our health and wellness because our circles of friends, colleagues and other social circles tend to shrink or disappear altogether over the years.

Many studies conclude that social connectedness is one of the keys to healthy aging. Our mental and emotional health needs to be part of our fitness plan, and we can not thrive unless we have those ongoing social bonds that form more naturally and easily when we are younger.

So having a tribe, a community of fitness fanatics to share our journey with is just as important as the work we are doing to stay fit in the first place.

## **Thrive**

My purpose in life is to thrive and to help others thrive (in all areas of their lives).

My thriving starts with fitness and spreads out from there. When I am fit - I feel I can do anything and be anything - as if I have no limits. When I am feeling lean, clean and clear my confidence is high, I am calm and purposeful, and I can move my passions forward with enthusiasm.

I am positive and forward thinking.

In my Iron Age, that is a magical place to be.

I created the Iron Age Athletics™ brand to be for and about a “pride that thrives” - and the fitness foundations I have laid out here have worked for me and I know they will work for you as well.

As we enter and journey through the 50+ age bracket, I believe this can be the greatest epoch of our lives. If we stay positive, continue to look forward, stay fitness-minded, and stay connected - we can and will thrive.

*Jeffrey Luke*  
*Founder - Iron Age Athletics*

**\*\* SAMPLE ENTRY \*\***

Monday: *08-JAN-2024*.....

Main Commitment: ..*EXERCISE (MIN 30:00)*.....   
.....*GOOD GYM SESSION TODAY CORE WORK, BENCH PRESS, ROWS, SHOULDER*.....  
.....*PRESSES, PULL-UPS AND DIPS*.....

Secondary Commitment: *HEALTHY LUNCH (PREFERABLY A SALAD)*.....   
.....*CHOP SALAD WITH TOMATOES, GRILLED CHICKEN AND ALMONDS*.....  
.....*FLAVORED WATER*.....

One Small Thing: *AM JOURNAL SESSION*.....   
.....*REFLECTED ON WEEKEND ACTIVITIES, SET UP THE DAY WITH A FOCUS*.....  
.....*ON PREPARING FOR THE MEETING WITH MARKETING TEAM THIS AFTERNOON*.....

Tuesday: *09-JAN-2024*.....

Main Commitment: ..*EXERCISE (MIN 30:00)*.....   
.....*7 MILE RUN ON THE TRAILS, NO SNOW YET!*.....  
.....*25 DEGREES AND SUN, PERFECT*.....

Secondary Commitment: *HEALTHY LUNCH (PREFERABLY A SALAD)*.....   
.....*GRILLED CHICKEN WITH RICE AND BEANS*.....  
.....*VITAMIN WATER*.....

One Small Thing: *AM JOURNAL SESSION*.....   
.....*REFLECTED ON HOW I SHOWED UP FOR THE MARKETING MEETING*.....  
.....*MORE POSITIVE TALK ON STAYING ON THE PATH*.....

Wednesday: 10-JAN-2024.....

Main Commitment: ..EXERCISE (MIN 30:00).....

.....EXCELLENT GYM SESSION. CORE WORK, 4 ARM SUPER SETS.....  
.....ADDITIONAL LAT AND SHOULDER WORK.....

Secondary Commitment: HEALTHY LUNCH (PREFERABLY A SALAD).....

.....CHOP SALAD WITH TOMATOES, CHICKEN, PEANUTS AND SEEDS.....  
.....FLAVORED WATER.....

One Small Thing: AM JOURNAL SESSION.....

.....THOUGHTS ON HOW TO HAVE BETTER COACHING SESSIONS WITH TEAM.....  
.....AS I MEET WITH FRANK TODAY. LISTEN FIRST!.....

Thursday: 11-JAN-2024.....

Main Commitment: ..EXERCISE (MIN 30:00).....

.....5 MILE RUN ON THE TRAILS, STILL NO SNOW OUT THERE!.....  
.....32 DEGREES AND CLOUDY. I'LL TAKE IT.....

Secondary Commitment: HEALTHY LUNCH (PREFERABLY A SALAD).....

.....CHICKEN SALAD ON WHEAT BREAD WITH TOMATO AND CHEESE.....  
.....ZERO CALORIE VITAMIN WATER.....

One Small Thing: AM JOURNAL SESSION.....

.....REFLECTED ON COACHING SESSION. THESE ARE GETTING BETTER.....  
.....GOOD WEEK SO FAR. GET FOCUSED ON LONG RUN FOR SUNDAY.....

Friday: 12-JAN-2024.....

Main Commitment: ..EXERCISE (MIN 30:00).....   
.....LEG DAY. SQUATS, DEADLIFTS AND LEG PRESS - WITH QUAD EXTENSIONS.....  
.....HAMSTRING CURLS AND LUNGES,.....

Secondary Commitment: HEALTHY LUNCH (PREFERABLY A SALAD).....   
.....CHOP SALAD WITH TOMATOES, GRILLED CHICKEN, GUAC, SEEDS & NUTS.....  
.....FLAVORED WATER WITH LEMON.....

One Small Thing: AM JOURNAL SESSION.....   
.....SET UP THE DAY WITH A FOCUS ON BEING PRODUCTIVE TODAY TO CLOSE.....  
.....OUT THE WEEK. GET THE WORKOUTS DONE EARLY THIS WEEKEND.....

Saturday: 13-JAN-2024.....

Main Commitment: ..EXERCISE (MIN 30:00).....   
.....6 MILE RUN ON THE TRAILS - NICE AND EASY THEN A HIKE WITH THE DOGS.....  
.....27 DEGREES GRAY OUT THERE,.....

Secondary Commitment: HEALTHY LUNCH (PREFERABLY A SALAD).....   
.....GRILLED CHICKEN SANDWICH WITH CHEESE AND TOMATO.....  
.....SIDE OF TRISCUITS, FLAVORED WATER.....

One Small Thing: AM JOURNAL SESSION.....   
.....REFLECTED ON THE WEEK AND HOW I CAN PREPARE BETTER FOR SOME.....  
.....MEETINGS. GET MIND READY FOR LONGER RUN TOMORROW.....

Sunday: 14-JAN-2024.....

Main Commitment: ..EXERCISE (MIN 30:00).....

.....LONG RUN DAY, 13 MILLES ON THE ROADS. KEEP THEESE EASY!.....

.....28 DEGEREES AND CLOUDY, NOT BAD.....

Secondary Commitment: HEALTHY LUNCH (PREFERABLY A SALAD).....

.....HUGE CHOP SALAD WITH CHICKEN, TOMATOES, GUAQ, SEENDS NUTS,

.....CHEESE AND CROUTONS. ZERO CALORIE VITAMIN WATER.....

One Small Thing: AM JOURNAL SESSION.....

.....REFLECTED ON WEEK AND THE SOLID WORKOUTS.....

.....KEEP REMINDING MYSELF TO SLOW DOWN ON LONG RUNS AND ENJOY IT.....

Notes / Summary / Thoughts:

.....EXCELLENT WEEK OF WORKOUTS. DID EXACTLY WHAT WAS ON THE SCHEDULE -.....

.....WHICH IS A BONUS. KEEP IT UP!.....

.....DIDN'T GET SALADS IN EVERY DAY, BUT STAYED SUPER HEALTHY WITH THE.....

.....ALTERNATIVES. GETTING PLENTY OF PROTEIN.....

.....GOOD WORK GETTING THE WEEKEND WORKOUTS DONE FIRST THING IN AM - TO.....

.....FREE UP THE REST OF THE DAY.....

.....GETTING LUCKY WITH THE SNOW FREE TRAILS (BE GRATEFUL).....

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## **Your Journal**

Congratulations on joining the 3 month club!

This is the start of your 12 week journey and journal. My wish, is that at the end of this experience, you will discover that 100% is easy, that you have made real progress - and that you have discovered that almost anything is possible - especially when you surround yourself with a group of people who want to see you succeed as much as you do yourself.

Week **1** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Tuesday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Wednesday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Thursday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Friday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Sunday: .....

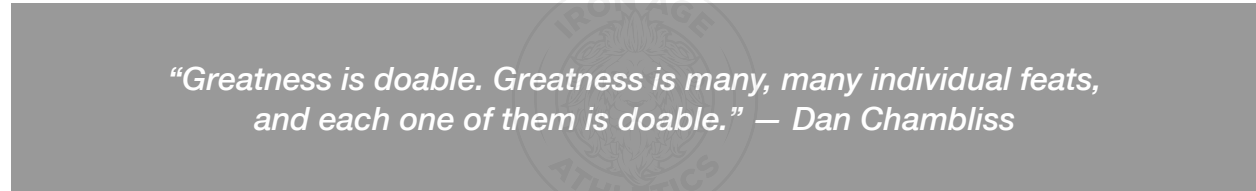
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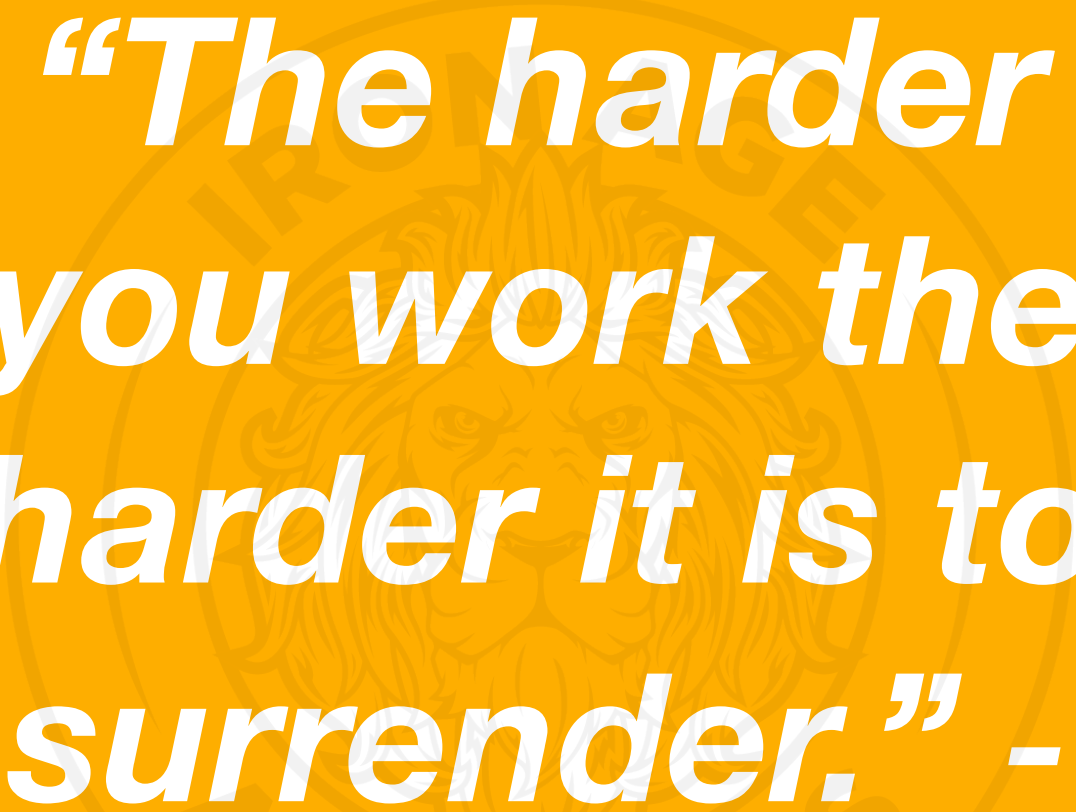
Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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***“The harder  
you work the  
harder it is to  
surrender.” -***

***Vince Lombardi***



Week **2** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Tuesday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Wednesday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Thursday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Friday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....



Sunday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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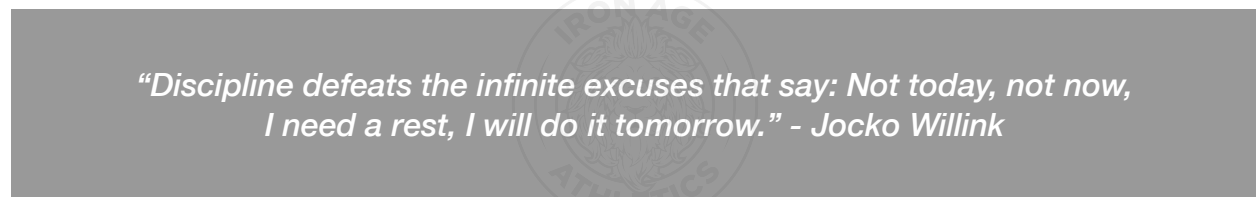
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***“I fear not the man  
who has practiced  
10,000 kicks, but I  
do fear the man  
who has practiced  
one kick 10,000  
times.” -***

***Bruce Lee***



Week **3** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Tuesday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Wednesday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Thursday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Friday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Sunday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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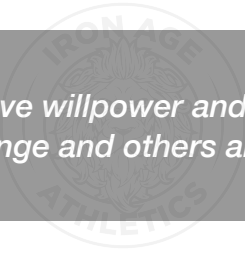
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*"It's not that some people have willpower and some don't ... It's that some people are ready to change and others are not." - James Gordon*



***“Our health and physical fitness arguably support everything else.” -***

***Greg Everett***





Week **4** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Tuesday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Wednesday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Thursday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Friday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Sunday: .....

Main Commitment: .....

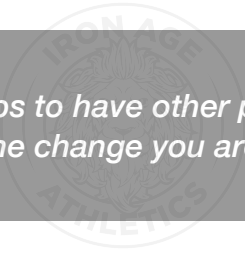
Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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*"You can do it alone, but it helps to have other people with you whom you can share the joys and perils of the change you are making." - George Leonard*



***“Grit is about  
doing the hard  
work, day in and  
day out, without  
immediate  
reward.” -***

***Angela Duckworth***



Week **5** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Tuesday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Wednesday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Thursday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Friday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Sunday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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*“Changes that seems small and unimportant at first will compound into remarkable results if you’re willing to stick with them for years.” - James Clear*



A large, faint watermark of the Iron Age Athletics logo is centered in the background. The logo is circular and features a central figure, possibly a warrior or athlete, surrounded by the text "IRON AGE ATHLETICS".

***“Consistency  
over time is the  
secret sauce.” -***

***Iron Age Athletics***



Week **6** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Tuesday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....



Sunday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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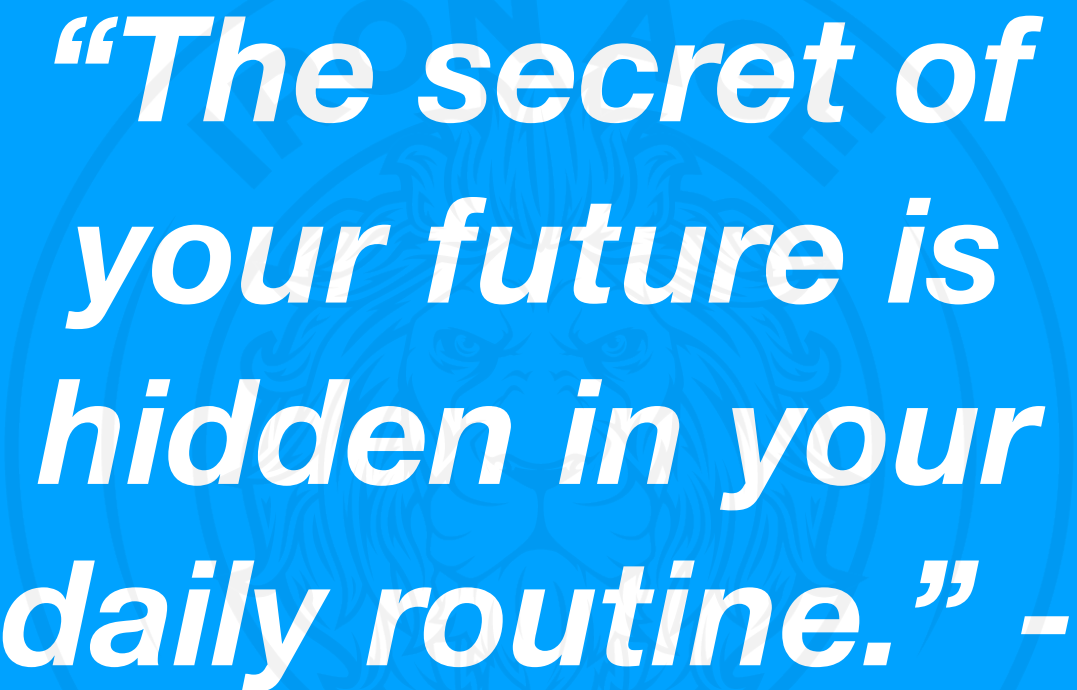
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*"You just need to get out the door and worry about today only. Don't worry about tomorrow. Don't worry about a week from now. You worry about today. Win the day." - Cameron Hanes*





***“The secret of  
your future is  
hidden in your  
daily routine.” -***

***Mike Murdock***



Week **7** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

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Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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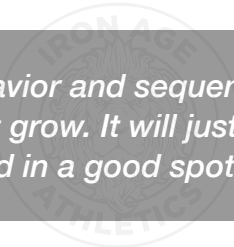
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*“If you pick the right small behavior and sequence it right, then you won’t have to motivate yourself to have it grow. It will just happen naturally, like a good seed planted in a good spot.” - BJ Fogg*



***“Good habits  
are worth  
being fanatical  
about.” -***

***John Irving***





Week **8** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Sunday: .....

Main Commitment: .....

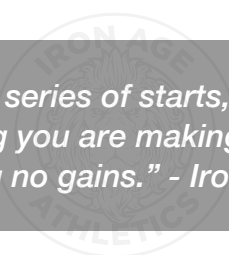
Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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*“False progress is a series of starts, stops, and restarts. It tricks you into thinking you are making progress, but in reality you are making no gains.” - Iron Age Athletics*



***“Good habits,  
once  
established are  
just as hard to  
break as are  
bad habits.” -***

***Robert Puller***



Week **9** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Tuesday: .....

Main Commitment: .....

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Wednesday: .....

Main Commitment: .....

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Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Sunday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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*“A daily routine built on good habits and disciplines separates the most successful among us from everyone else. A routine is exceptionally powerful.” - Darren Hardy*



***“Small, Smart  
Choices +  
Consistency +  
Time = RADICAL  
DIFFERENCE.” -***

***Darren Hardy***



Week **10** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Tuesday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Wednesday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Thursday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Friday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....



Sunday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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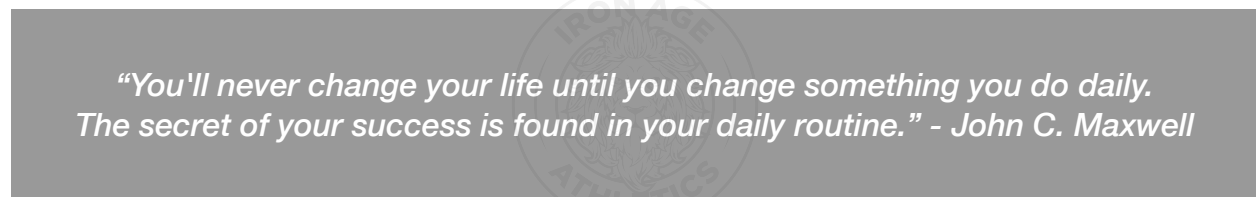
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***“Watch your actions, they become your habits. Watch your habits, they become your character.” -***

***Vince Lombardi***



Week **11** of 12

Monday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Tuesday: .....

Main Commitment: .....

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Secondary Commitment: .....

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One Small Thing: .....

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Wednesday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Thursday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Friday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Sunday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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*“Habit stacking works because you eliminate the stress of adding too many new things to your life. Instead, you begin with a few simple but effective habits and then build on them as this routine becomes an important ‘can’t miss’ part of your day.” - S.J. Scott*

***“Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly.” -***

***Julie Andrews***





Week **12** of 12

Monday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Tuesday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Wednesday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Thursday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Friday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Saturday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Sunday: .....

Main Commitment: .....

Secondary Commitment: .....

One Small Thing: .....

Notes / Summary / Thoughts:

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*“The confidence I managed to develop came from personal accountability which brought me self respect , and self respect will always light a way forward..” - David Goggins*



***“In essence, if we want to direct our lives, we must take control of our consistent actions.” -***

***Tony Robbins***



*Iron Age Athletics is dedicated to helping people over 50 thrive.*

*We believe that 100% is easy. We turn that belief into action with our “3 Things Every Day” habit stacking tactic – which is the centerpiece to a lifestyle of discipline and getting things done.*

*And finally, we believe in connecting with others – in creating a community of men and women who want to share their journey through this Iron Age – and more importantly – help each other to thrive by staying on the path and being accountable.*

