FULL TANK DADS · 8-WEEK CHALLENGE SCORECARD

BEST YEAR EVER

PREFER DIGITAL?
Scan this. Same card, on your phone. Paper still works.

Four checks a day. Two dad moves a week. Eight Saturdays. Tick the boxes before bed, it takes ten seconds. Keep this on the fridge where your kids can see it, because **them watching you do a hard thing on purpose is half the point.**

NAME _____ MY PROTEIN NUMBER _____ IF I DON'T DRINK, MY SACRIFICE IS _____ WHAT I'M READING _____

PROTEIN Your minimum: bodyweight, halve it, add half again. 200 lbs → 100 → +50 = **150g**. Every day.
SACRIFICE Zero alcohol, all eight weeks. Already don't drink? Pick your own: no sweets, no fast food, your call. It should be challenging. The goal is a two month reset.
DAILY MOVE 100 push-ups · 100 squats · 3 min plank, **or get to the gym**. Break it up, it all counts.
GROW Ten pages, or ten minutes of a podcast or audiobook. Something for you, not for work.

EIGHT WEEKS · FOUR A DAY · 28 A WEEK

WEEK 1 — INBODY · BASELINE ☐

Jan 4 – Jan 10

	M	T	W	T	F	S	S	/28
PROTEIN	☐	☐	☐	☐	☐	☐	☐	
DAILY MOVE	☐	☐	☐	☐	☐	☐	☐	
SACRIFICE	☐	☐	☐	☐	☐	☐	☐	
GROW	☐	☐	☐	☐	☐	☐	☐	

TWO DAD MOVES THIS WEEK

WEEK 2

Jan 11 – Jan 17

	M	T	W	T	F	S	S	/28
PROTEIN	☐	☐	☐	☐	☐	☐	☐	
DAILY MOVE	☐	☐	☐	☐	☐	☐	☐	
SACRIFICE	☐	☐	☐	☐	☐	☐	☐	
GROW	☐	☐	☐	☐	☐	☐	☐	

TWO DAD MOVES THIS WEEK

WEEK 3

Jan 18 – Jan 24

	M	T	W	T	F	S	S	/28
PROTEIN	☐	☐	☐	☐	☐	☐	☐	
DAILY MOVE	☐	☐	☐	☐	☐	☐	☐	
SACRIFICE	☐	☐	☐	☐	☐	☐	☐	
GROW	☐	☐	☐	☐	☐	☐	☐	

TWO DAD MOVES THIS WEEK

WEEK 4

Jan 25 – Jan 31

	M	T	W	T	F	S	S	/28
PROTEIN	☐	☐	☐	☐	☐	☐	☐	
DAILY MOVE	☐	☐	☐	☐	☐	☐	☐	
SACRIFICE	☐	☐	☐	☐	☐	☐	☐	
GROW	☐	☐	☐	☐	☐	☐	☐	

TWO DAD MOVES THIS WEEK

WEEK 5 — INBODY · MIDPOINT ☐

Feb 1 – Feb 7

	M	T	W	T	F	S	S	/28
PROTEIN	☐	☐	☐	☐	☐	☐	☐	
DAILY MOVE	☐	☐	☐	☐	☐	☐	☐	
SACRIFICE	☐	☐	☐	☐	☐	☐	☐	
GROW	☐	☐	☐	☐	☐	☐	☐	

TWO DAD MOVES THIS WEEK

WEEK 6

Feb 8 – Feb 14

	M	T	W	T	F	S	S	/28
PROTEIN	☐	☐	☐	☐	☐	☐	☐	
DAILY MOVE	☐	☐	☐	☐	☐	☐	☐	
SACRIFICE	☐	☐	☐	☐	☐	☐	☐	
GROW	☐	☐	☐	☐	☐	☐	☐	

TWO DAD MOVES THIS WEEK

WEEK 7

Feb 15 – Feb 21

	M	T	W	T	F	S	S	/28
PROTEIN	☐	☐	☐	☐	☐	☐	☐	
DAILY MOVE	☐	☐	☐	☐	☐	☐	☐	
SACRIFICE	☐	☐	☐	☐	☐	☐	☐	
GROW	☐	☐	☐	☐	☐	☐	☐	

TWO DAD MOVES THIS WEEK

WEEK 8 — INBODY · FINAL ☐

Feb 22 – Feb 28

	M	T	W	T	F	S	S	/28
PROTEIN	☐	☐	☐	☐	☐	☐	☐	
DAILY MOVE	☐	☐	☐	☐	☐	☐	☐	
SACRIFICE	☐	☐	☐	☐	☐	☐	☐	
GROW	☐	☐	☐	☐	☐	☐	☐	

TWO DAD MOVES THIS WEEK

DAD MOVES · PICK ANY TWO A WEEK

Write what you actually did on the two lines in that week's box. Nobody is checking. That is the point.

- One on one time with a kid, or with your wife. Their pick, not yours.
- Bedtime start to finish.
- A real conversation with her that wasn't logistics.
- Took something off her plate before she asked.
- Showed up at something of theirs.
- Let them see you train, or brought one along.
- Called your own dad, or whoever was one to you.
- Taught one of them something you know.

HOW THE DADS TRACK SCORES

You show up once a week. **That is the whole design, not a compromise.** Saturday is the anchor. The other six days are this card.

EVERY WAY TO SCORE

Category	Points
Your InBody result — fat lost, muscle added, muscle kept. Baseline between January 2 and 9, final on Saturday February 27.	125
Saturdays — 10 points every Saturday you are in the room	80
The Daily Four — 10 points a week for hitting 23 of your 28 checks	80
Dad Moves — 5 points each, two a week	80
Bring a dad — 15 each, max 2, has to be new to Gas House	30
Commit to something with your kid — a race, a build, a trip, a weekly thing that is just yours and theirs	15
Commit to something for you — something that scares you a little	10
Google review or a social post	10
Total on the board	430

$100 TO ENTER

$50 Kellen CARES Foundation $30 the winner's pot $20 your shirt

YOUR TWO SCANS · PUT THESE IN YOUR PHONE NOW

BASELINE — any time between Saturday January 2 and Saturday January 9. Both ends of that window are a Saturday, so you are already in the building twice. Takes five minutes.

FINAL — Saturday February 27. The last Saturday, the one everybody is here for.

Can't make that Saturday? Come in that week and get it done. We will work around you. But no scan means no body score, and that is 125 of your points gone.

WHY THE DAD STUFF IS WORTH AS MUCH AS THE TRAINING

Because it is harder, and because it is the actual reason most of you are in here at 5:30. Nobody wants to be the strongest guy in the room who is short with his kids by Tuesday. **Eighty for Saturdays, eighty for your habits, eighty for showing up at home.** That is the whole philosophy in three numbers.

SUNDAY IS CHECK IN DAY

Every Sunday you get one text. Answer it and send a photo of this card. In before Tuesday and you get priority on coaching that week. A card nobody turns in is a card nobody fills out.

THE HONOR SYSTEM, SAID OUT LOUD

Nobody is auditing you. **You can cheat this card easily and the only person you beat is you.** Every man in that room is running the same one, and the leaderboard only means something if everybody tells the truth. Tick it honest on the bad weeks. **Especially the bad weeks.**

WHAT YOU WALK OUT WITH

Two scans, eight weeks of a card you actually kept, and a **printed report card** showing exactly what changed. Not a feeling. A page with your name on it.