

90 DAYS. DISCIPLINE. TRANSFORMATION.



CLARITY
FOCUS YOUR
MIND



ENERGY
OPTIMIZE YOUR
BODY



RESILIENCE
BUILD MENTAL
TOUGHNESS



DISCIPLINE
MASTER DAILY
HABITS



FREEDOM
DESIGN YOUR
LIFE

The 90-Day Reset Tracker

Track Your Progress, Conquer Your Life

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1 How to Use This Tracker

Consistency is the ultimate biohack. To fundamentally rewire your brain and master your biology, you need a visual representation of your discipline.

The Rules of the Reset:

1. *Check the Box:* Every evening, mark your progress for the day.
2. *Non-Negotiables:* Define your core habits (e.g., No pornography, morning sunlight, 10-minute meditation).
3. *Don't Break the Chain:* Your goal is to see a continuous line of success. If you fail one day, don't quit. Analyze the trigger, reset, and start again immediately.

2 The 90-Day Visual Progress Grid

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Day 31	Day 32	Day 33	Day 34	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40
Day 41	Day 42	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49	Day 50
Day 51	Day 52	Day 53	Day 54	Day 55	Day 56	Day 57	Day 58	Day 59	Day 60
Day 61	Day 62	Day 63	Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77	Day 78	Day 79	Day 80
Day 81	Day 82	Day 83	Day 84	Day 85	Day 86	Day 87	Day 88	Day 89	Day 90

3 Monthly Milestones

- *Day 30:* Your dopamine receptors begin to normalize. You will feel a surge in focus and a reduction in brain fog.
- *Day 60:* New neural pathways are being solidified. Discipline starts to feel like an autopilot response.
- *Day 90:* The Reset is complete. You have reclaimed your sovereignty and built a new foundation for your life.

4 Reclaim Your Sovereignty

Tracking your progress is the fuel for your transformation. But to ensure you have the right engine, you need the full scientific and Stoic system.

4.1 Master the Protocol: The Definitive Reset

The 90-Day Reset Tracker is your daily map, but **The Definitive Reset Protocol** is your complete tactical manual. To understand the “why” behind every urge and the “how” to optimize your biology for peak masculine performance, you need the book.

Subscribe to BioStoic on YouTube for more insights.

On the path to mastery? Share this Tracker and help others join the journey!

5 About BioStoic

Ancient wisdom. Modern science. Unshakeable discipline.

6 Disclaimer

This tracker is a motivational tool and not medical advice. Consult a professional for any health concerns.