



**52-Week Ultimate Year
Training Journal**

Eric J. Bartosz

BAR40 52-Week Ultimate Year Training Journal rev. by Eric Bartosz
Copyright © 2021

Project managed with AuthorDock.com

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to info@bar40.org

ISBN: 978-1629672014

Any references to historical events, real people or real places are used fictitiously. Names, characters, and places are products of the author's imagination.

Front cover image by Cole Marie Designs

www.bar40.org

Reader Reviews of BAR40

Transform Now !!!

What I loved immediately about Eric's book is his own experiences that he shares in an intimate way that so many others forgo. Eric's ability to "pull back the curtain" on his own process is shared throughout the book. This lends an access point that, for myself, seems to create a level of ease and "I can do this" feeling that is a first for me when reading anything like this before. A true gift!

I highly recommend this book to anyone who is looking for true transformation. I would also recommend this book to anyone who is thinking of writing books like this or looking how to approach others when introducing new ideas and systems, processes to help improve your life! Many self-help gurus can learn something by studying Eric's approach, style and dynamic mind set(s).

— KB

The Enthusiasm Jumps off the Page!

As soon as you begin reading, Eric's excitement and enthusiasm pull you in. He's clearly devoted his energy and time to helping others achieve personal excellence.

I've never seen anyone distill the pieces of excellence down to such an easy to understand framework as Eric has done with mindset, diet, and fitness. Eric walks you through how to gain control of each of these pieces and where to point them to be the best version of you.

The included journal was also a nice touch. It's easy to get distracted when tapping into our digital lives for calendars, journals, etc. and this physical copy keeps you focused and on track for the full 52 week program!

Highly recommend it to anyone who is ready to put in the hard work to truly improve themselves.

— JMM

Love it so far!

I feel like I'm sitting down with a friend and making some great future goals. I read quite a bit for work and don't have time to read something like this often, and now I know why. I guess I feel too busy, but the reality is I haven't made it a goal and I haven't invested the time in developing it as a habit. Love how easy the author pulls his ideas together and makes the book your daily tool for success!

— MH

Motivational - Be the best You

If you're looking for inspiration, and motivation, look no further. Eric is succinct and easy to understand. The daily journal included is a practical tool.

— JA

Great tool to push yourself!!!

This book is such a great resource to push yourself (physically

and mentally) through this thing called life. I'm stoked to continue through this program and hit my goals.

I LOVE the daily notes section—totally helps break down the bigger goals and make them attainable. Highly recommend.

— EH

Great read!

The author is a great storyteller and motivator by combining personal experiences and knowledge learned over the years to create a program that can be utilized by just about anyone wanting to make self-improvements in physical and mental health. A must read!

— AR

A Game Changer

This book lays out the foundation for really changing your lifestyle. This year has been tough on everyone and I for one have let myself go. But after reading this book, I have a new set of goals and will work towards a new me. The journal in this book really helps keep track of everything too!

— LA

Great Motivational Read!

A great tool for challenging yourself to your full potential! The program really is an all-around life improving challenge incorporating aspects of physical and mental health unlike many other “similar style” books I’ve read. I look forward to continuing the program and seeing where it takes me.

— BR

BAR40 here I come for my best year ever!

BAR40 has helped me to tweak some of my daily decisions allowing me to make better choices. Unlike other books that I've read, I'm not done with this one now that I've read it. The author, Eric Bartosz, has provided me with my first ever log to track my daily progress. He has also shared some additional works that are of interest and sound like they complement BAR40 nicely. I will be keeping BAR40 on my nightstand! Overall BAR40 has left me with the feeling that I have a friend beside me as I travel along this journey towards having the best year ever! I am recommending BAR40 to people of any fitness level as you work towards a better version of yourself.

— MM

BAR40 can be transformative for those who truly desire positive change in their lives

Eric has filled the book with useful tools and strategies that can help readers build a customized 1-year plan to reach their peak potential in all the core aspects of their life. His work is based on Eric's own life and years of experience helping others reach their peak potential. The book is structured in a way that uses one's individual goals, preferences, fitness levels and ideas of what success means as starting points. The end result of following BAR40 helps the reader deal with individual habits in a healthier way through the creation of a "self-guided" journey that incorporates universal principles known to enhance personal success. The book's weekly training journal touches on relevant topics such as diet, fitness, daily

tools for successes, sobriety, etc. I believe that Eric's brand of life strategy coaching should be taught in schools starting at a young age since it motivates individuals of all ages to make each waking day matter in a more meaningful way.

— FR

Inspirational, AND pragmatic

What drew me to this book was how it recognizes that each person's goals and abilities are different and focuses on what each person can do to become his/her personal best self. Bar40 met me where I was and has helped me take it up a notch over the last month or so I've been digesting it. Up a notch athletically, but also in terms of my overall attitude. It offers wisdom on how to look at today from future self, focus on realistic goal-setting, and achievement. BAR40 also has good mix of science and some "motherly" kinds of advice on alcohol use and other daily decisions which has made me more thoughtful about choices. One month in, and still using the simple tables and daily notes—which are somehow stickier to use than my fancy Apple watch. The reading list to other authors is also a real nice resource I plan to tap.

— DC

Powerful program for creating consistent results

This book provides a terrific roadmap for creating consistent results in multiple areas of life—the end goal being that of achieving personal excellence. We generally don't end up achieving personal excellence by accident, and even with a great deal of intention, we can still miss the mark. What makes

this book unique is the combination of up front coaching / education combined with the accountability built into the book. Plus, I love the recommended reading. This is a powerful tool for consistently showing up for yourself, setting daily goals and action plans, and following through to observing and noting results. If we can be even just SLIGHTLY better than we were yesterday, we are on our way to creating dramatic results over time. And this book helps people get there.

— HC

Bar40 is the book you need to initiate and sustain positive health and lifestyle choices!

I loved everything about this great, well-articulated, easy to relate to journey the author Eric created to improve his overall health and lifestyle choices! His thought process and life experiences make this the perfect read for anyone seeking some modifications in areas of their everyday living! I highly recommend it, the tracking journal which is included will prove to be priceless!

— DB

Using the Journal

You may have heard the expression, “Responsibility is ownership of activities, but accountability is ownership of results.” This journal is designed to be your daily tool for optimal personal accountability. You are starting on a 52-week mission that is highly results-oriented. Specifically, achieving the goals you have identified as priorities and adopting a lifestyle that will, over the course of the next 12 months, help you maximize your potential in all areas of your life. This journal is set up for daily use and is much more inclusive than a standard fitness journal.

In keeping with the concept that the best year ever is built upon the bricks of many best days, the journal provides a space to reflect on memorable moments of each day, whether they be positive or negative. This simple act of putting pen to paper brings many proven benefits including organizing your thoughts, helping identify priorities, boosting creativity, and reducing stress. Taking the step of looking back on your day and writing about it will often shift your perspective and put situations in a new light which will influence your behavior and decisions going forward. Also included are “daily successes” which help create the habit throughout the day of being on the lookout for ways to do whatever it is you’re doing in a slightly better way. (Not to mention, looking back at previous pages and seeing about 20 successes a week is a great way to keep “catching yourself doing something right”!)

Each day brings different tasks and requirements of your time, so there is a spot for “Today’s Goals” that can be completed each morning or the night before and this helps prioritize your daily “must do” items in a simple and straightforward way.

Aside from the details on the journal pages, I want to take a minute to point out one of the additional benefits the BAR40 journal includes. You will see that approximately every 4 weeks there is a book summary that appears. This is a reminder to start the next title in the condensed library of books that are on the Suggested Reading List. In the *BAR40 Achieving Personal Excellence* book, this reading list ties in with topics that are covered in the various chapters of the book but I included them here in the journal as I think they are highly worthwhile books to read even if you are not doing the full BAR40 program.

The concept of the list is that there is an ocean of information out there on topics of health and wellness and finding the most useful resources is a daunting and time-consuming endeavor. My objective here is eliminating your need for a lot of frustrating trial and error and providing you with a distilled “best in class” selection of what I consider very useful books in close alignment with the Bar40 objectives. Each one of these authors has done an excellent job in covering their respective topics clearly and with expertise, and trying to provide watered down snippets of their books here would be a disservice to you.

BAR40 is a self-guided journey that calls for you to identify the target improvement areas in your life and execute those changes. It’s as simple but not as easy as that—identify, adapt and evolve—and I think these books will provide you

significant help along the way. I have included 13 books on the Suggested Reading List, basically spacing them out so it's a new book selection every four weeks; the summary of each appears in the journal at the designated week. You may be thinking . . . Whoa, hang on a second buddy . . . you're saying I have to find time to read an extra book a month now!?! (I know that may have flashed across your mind.) To that, I would look at it like this: almost all of the books are under 300 pages, which means that if you simply read ten pages per day, then you will easily be finishing these books each month before starting on the next one. I'll even go so far as to say you're going to be enjoying them so much that you'll be burning through them and looking forward to diving into the next one!

Audio books are always an option as well if you'd rather listen than read; my preference happens to be the paper version as I tend to retain it better and can easily go back to reread any key areas, but of course that choice is yours.

As far as cost goes, all of these books are available as used options on Amazon or eBay if you prefer that over buying new ones and they may also be available from your local library in paper, e-book, or audio versions. Also, if you happen to be doing the 52-week sober challenge, just consider the amount of money that Bar40 is putting back into your pocket in form of savings on alcohol! This will likely far exceed the cost of the Suggested Reading List. A conservative estimate of social weekend drinkers put the annual cost of drinking at about \$2,000 and if you drink during the week as well, then your annual financial could easily be a lot more. As an experiment, just Google "annual alcohol spending calculator" and you will find some sites that pop up which will quickly give you your

weekly, monthly, and annual spending when you plug in some (honest!) answers about your normal weekly drinking.

At the end of each week there is a space to do a quick recap of the highlights of the week as well as set priorities for the next week.

As this is also a fitness journal, there is plenty of space each day to record your workout summary and any notes of interest, as well as anything you want to include regarding your diet. If weight loss is one of your intentions for the next year, then you will also find a space to include your weekly weight. (As mentioned in earlier pages, weight loss studies have shown conclusive data that a weekly weight check is in the habits of people that have not only lost weight but also kept it off over the years.) Last but not least, there is a “Reminder From Your Past Self” spot that can be used any time you want to do an exercise in time travel and send a message to your future self that will be read weeks or months down the road.

A final note as you begin your next 52-weeks. My hope is this journal becomes your daily training partner not just for diet and exercise purposes but also for the larger topics of daily success and areas for growth. Review your progress and write reminders and notes to yourself weeks or months ahead.

Put this journal to full use every day and let it bring out the full potential in you . . . it should be a tattered wreck from handling after a full year of daily use!

My prediction is that the practices you will develop will make this commitment to personal excellence the operating

system your life runs on and each subsequent year will be even better than the one before it.

Remember that each of us is the author of our own life story based on our choices, habits and actions. At the same time . . . history is not destiny and each day gives us a fresh page to write on and decide where the plot goes next. Write the story that will make your future self proud.

Please feel free to email anytime at info@bar40.org and let me know how you're doing.

Here's wishing you the best year ever!

Stay safe and be well,

A handwritten signature in black ink, appearing to read "Eric". The signature is stylized with a large, looping initial "E" and a cursive "ric" following it.



Suggested Reading List

- Week 1** *The Power of Habit* by Charles Duhigg
- Week 5** *You Are Your Own Gym* by Mark Lauren
- Week 9** *On Target Living* by Chris Johnson
- Week 13** *Emotional Intelligence 2.0*
by Travis Bradberry and Jean Greaves
- Week 17** *Incognito* by David Eagleman
- Week 21** *Why We Sleep* by Matthew Walker
- Week 25** *Getting Things Done* by David Allen
- Week 29** *How to Win Friends and Influence People*
by Dale Carnegie
- Week 33** *The Way of the Seal* by Mark Divine
- Week 37** *How Emotions Are Made* by Lisa Feldman Barrett
- Week 41** *The 7 Habits of Highly Effective People*
by Stephen R. Covey
- Week 45** *The Slight Edge* by Jeff Olson
- Week 49** *Alcohol Explained* by William Porter

WEEK 1

Date: _____

MONDAY

Day in review - What made today memorable?

TUESDAY

Day in review - What made today memorable?

WEDNESDAY

Day in review - What made today memorable?

THURSDAY

Day in review - What made today memorable?

"There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do, and mostly live." — *Dalai Lama*

<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;">Sleep Hours</div> <p>Daily Successes:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p style="text-align: center;">TODAY'S GOALS</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p style="text-align: center;">DONE?</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>
<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;">Sleep Hours</div> <p>Daily Successes:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p style="text-align: center;">TODAY'S GOALS</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p style="text-align: center;">DONE?</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>
<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;">Sleep Hours</div> <p>Daily Successes:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p style="text-align: center;">TODAY'S GOALS</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p style="text-align: center;">DONE?</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>
<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;">Sleep Hours</div> <p>Daily Successes:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p style="text-align: center;">TODAY'S GOALS</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p style="text-align: center;">DONE?</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>

FRIDAY

Day in review - What made today memorable?

SATURDAY

Day in review - What made today memorable?

SUNDAY

Day in review - What made today memorable?

Highlights of this Week

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Top Priorities For Next Week

- 1. _____ 4. _____
- 2. _____ 5. _____
- 3. _____ 6. _____

Weekly Summary (good/bad/other/weight/etc.)

Reminder From Your Past Self

<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;"> <p>Sleep Hours</p> </div> <p>Daily Successes:</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 	<p>TODAY'S GOALS</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 	<p>DONE?</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 10px;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>
---	--	--

<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;"> <p>Sleep Hours</p> </div> <p>Daily Successes:</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 	<p>TODAY'S GOALS</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 	<p>DONE?</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 10px;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>
---	--	--

<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;"> <p>Sleep Hours</p> </div> <p>Daily Successes:</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 	<p>TODAY'S GOALS</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 	<p>DONE?</p> <div style="display: flex; flex-direction: column; align-items: center; gap: 10px;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>
---	--	--

<p>Fitness Highlights of this Week</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 	<p>Weekly Fitness Notes</p> <div style="border: 1px solid black; border-radius: 10px; padding: 10px; margin-top: 10px; display: flex; flex-direction: column; align-items: center;">  <p>RHR</p> <p>BP</p> </div>
--	--

<p>Total Distance (in miles)</p> <p>Week <input style="width: 40px; height: 30px;" type="text"/> Year <input style="width: 40px; height: 30px;" type="text"/></p>	<p>Weight</p> <p><input style="width: 60px; height: 30px;" type="text"/></p>	<p>WEEK 1</p>
--	---	----------------------



Suggested Reading: Week 1

The Power of Habit

I mentioned in the Introduction section that this was going to be first on the Suggested Reading List and the reason for that is the book does such a fantastic job of exploring how central a role habits play in our daily lives and how we can use this knowledge to harness the power of the subconscious. There's definitely a good amount of science based research in here that pulls back the curtain on how our brain works, but Duhigg delivers it in such an enjoyable way with plenty of anecdotes that it makes the book as entertaining as it is enlightening. It's basically a how-to manual for ending or creating habits and you may find yourself actively looking for more areas of your life to attack with your new skills. I almost decided to start smoking just to have a new habit to quit! Just kidding on that but you'll see what I mean . . . it's very fulfilling to develop this new tool set for managing your subconscious and kicking off BAR40 is a perfect time to apply what you'll learn.

WEEK 52

Date: _____

MONDAY

Day in review - What made today memorable?

TUESDAY

Day in review - What made today memorable?

WEDNESDAY

Day in review - What made today memorable?

THURSDAY

Day in review - What made today memorable?

"Vision without execution is just hallucination" – *Thomas Edison*

<p>Workout Summary & Diet Notes:</p> <p>Sleep Hours</p> <p>Daily Successes:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>TODAY'S GOALS</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>DONE?</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
<p>Workout Summary & Diet Notes:</p> <p>Sleep Hours</p> <p>Daily Successes:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>TODAY'S GOALS</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>DONE?</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
<p>Workout Summary & Diet Notes:</p> <p>Sleep Hours</p> <p>Daily Successes:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>TODAY'S GOALS</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>DONE?</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
<p>Workout Summary & Diet Notes:</p> <p>Sleep Hours</p> <p>Daily Successes:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>TODAY'S GOALS</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p>DONE?</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>

FRIDAY	Day in review - What made today memorable?	
---------------	--	--

SATURDAY	Day in review - What made today memorable?	
-----------------	--	--

SUNDAY	Day in review - What made today memorable?	
---------------	--	--

Highlights of this Week
1. _____
2. _____
3. _____
4. _____
5. _____

Top Priorities For Next Week
1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

Weekly Summary (good/bad/other/weight/etc.)

Reminder From Your Past Self

<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;"> <p>Sleep Hours</p> </div> <p>Daily Successes:</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 	<p>TODAY'S GOALS</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 	<p>DONE?</p> <div style="text-align: center;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>
---	--	--

<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;"> <p>Sleep Hours</p> </div> <p>Daily Successes:</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 	<p>TODAY'S GOALS</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 	<p>DONE?</p> <div style="text-align: center;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>
---	--	--

<p>Workout Summary & Diet Notes:</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin-bottom: 10px;"> <p>Sleep Hours</p> </div> <p>Daily Successes:</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 	<p>TODAY'S GOALS</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 	<p>DONE?</p> <div style="text-align: center;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>
---	--	--

<p>Fitness Highlights of this Week</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 	<p>Weekly Fitness Notes</p> <div style="border: 1px solid black; border-radius: 10px; padding: 10px; margin-top: 20px; text-align: center;">  <p>RHR</p> <p>BP</p> </div>
--	--

<p>Total Distance (in miles)</p> <p>Week <input style="width: 40px;" type="text"/> Year <input style="width: 40px;" type="text"/></p>	<p>Weight</p> <p><input style="width: 60px;" type="text"/></p>	<p>WEEK 52</p>
--	---	-----------------------