

PROJECT430

Get Started Guide

Use this guide to prep your environment, build your routine, and lock in your first 50 days. Keep it simple just follow the steps and show up. Every day.

HOW TO GET STARTED

- Pick your start date. It doesn't matter when-today works
- Download the 50-Day Tracker (print or digital) and set an alarm for 4:30 AM.
- Prep the night before: lay out clothes, plan workout, prep water, etc.
- Follow the 8 Daily Habits:

Wake up at 4:30 AM (2 pts)

Train your body- run, lift, or move with intent for 50+ minutes (2 pts)

Read 10 pages (1pt)

Journal (1pt)

Eat clean, single-ingredient foods (1pt)

Create or publish something (2pts)

Hydrate (1 gallon minimum) (1pt)

Listen to a podcast (1pt)

TRACK YOUR PROGRESS

Recognition Tiers

🏆 Elite Lock-In (550 pts - 100%): Perfect execution. You didn't miss once. Total mastery.

🔒 Fully Locked (540-549 pts): Near-perfect. You showed up with intensity and focus.

🎉 Challenge Completed (525-539 pts): Mission accomplished. You did the work. You built the habits.

🚫 Reset Recommended (Below 525 pts): Missed too much. Revisit, reset, and restart with intention.

SHARE YOUR JOURNEY (OPTIONAL)

- Use the hashtag #Project430
- Tag @domgiacona for support + accountability
- Challenge someone to join you