

[START HERE](#)[MOVE](#)[FOOD](#)[FAST FUEL FLEX](#)[THE DAY](#)[CLEANSE](#)[DC3 STACK](#)[SCORE](#)[LIFE HITS](#)**DISCIPLINE**CLUB

THE DISCIPLINE CLUB MEMBER GUIDE

THE DISCIPLINE 6.

SIX DAILY NON NEGOTIABLES.
SIMPLE, NOT EASY.

01 • MOVEMENT

DC15 WORKOUT

02 • MOVEMENT

DISCIPLINE WALK

03 • MOVEMENT

10,000 STEPS

DC3 01 • FOOD

NO LIQUID CALORIES

DC3 02 • FOOD

KITCHEN CLOSES AT 9

DC3 03 • FOOD

NO BS FOOD

DO THE SIX. CHECK YOUR SCORE. **STAY WITH THE
BROTHERS. REPEAT.**

COACH RONNIE • THE DISCIPLINE COACH

D.O.E.

**DISCIPLINE**CLUB

WHY THE SYSTEM EXISTS

WHEN SPORTS LEFT, DISCIPLINE LEFT.

You didn't get here by getting lazy. **The athlete didn't leave because you got soft. The environment left.** The coach, the practice, the teammates and the movement disappeared while the career demanded more sitting, more stress and more convenience.

PRACTICE

NOW MEETINGS

MOVEMENT

NOW SITTING

COACHES

NOW CALENDARS

ACCOUNTABILITY

NOW CONVENIENCE

01

YOUR CAREER GOT YOUR DISCIPLINE.

You can lead a team, close a deal and provide for a household. **Your body got your leftovers.** You haven't lost your discipline. You've been giving all of it to your career and your family.

02

YOU DON'T NEED MORE MOTIVATION.

Motivation is fleeting. **You need a standard that survives the calendar:** six daily standards, a visible Discipline Score, a brotherhood that notices and a coach who corrects.

03

PATTERNS ARE NOT SENTENCES.

It doesn't run in your family. What runs in the family is bad eating. **Health history is context. Daily behavior is leverage.**

57%

of Black men 20 and older have high blood pressure

60%

Black adults are 60% more likely to be diagnosed with diabetes

6 YRS

shorter life expectancy than white men, on average

Population averages, not your diagnosis. Sources: CDC, HHS Office of Minority Health, CDC/NCHS.

AS A BLACK BUSINESSMAN, BEING SUCCESSFUL WITH A STOMACH AND HIGH BLOOD PRESSURE IS UNACCEPTABLE.

THE ENVIRONMENT

Design the day so discipline has somewhere to live.

THE STANDARD · TRACKED AT HUB.DISCIPLINECOACH.COM

THE DISCIPLINE 6.

Six daily non negotiables. Simple, not easy. **You either did them or you didn't.** Three movement standards build output. Three food standards, the DC3, stop the daily damage.

01 · MOVEMENT

DC15 WORKOUT

15 minutes before work. Zero equipment. Home, office or hotel.

DC3 01 · FOOD

NO LIQUID CALORIES

Water first. Zero calorie drinks. Controlled alcohol.

02 · MOVEMENT

DISCIPLINE WALK

Two miles every day. After dinner is the strongest slot.

DC3 02 · FOOD

KITCHEN CLOSING AT 9

The Discipline Fast, 9 PM to 9 AM. Nothing good happens after 9.

03 · MOVEMENT

10,000 STEPS

The daily minimum for a man who sits for a living.

DC3 03 · FOOD

NO BS FOOD

Real food, better swaps, controlled portions. No calorie counting.

ONE DISCIPLINED DAY

15 MINUTES + 2 MILES + 10,000 STEPS + NO LIQUID CALORIES + KITCHEN CLOSED AT 9 + NO BS FOOD

STRUCTURE

Simple habits executed every single day.

IDENTITY

Discipline isn't something you do. It's something you become.

ENVIRONMENT

A brotherhood of serious Black professional men on one standard.

ACCOUNTABILITY

Everything tracked, measured and reviewed. Weekly. Not optional.

DO THE SIX. CHECK YOUR SCORE. STAY WITH THE BROTHERS. REPEAT.

THE SIX

Simple. Not easy.

YOUR FIRST SEVEN DAYS

START HERE.

Reading this is not executing it. **Knock out Day 0 in the next 24 hours** and you're locked in before the first meal. You don't rise to intention. You fall to preparation.

DAY 0 • INSTALL

- 1** **Open the Discipline Club app** and the Discipline Hub. Finish Foundations.
- 2** **Order the DC3 Stack.** Page 11. It should land before Day 1.
- 3** **Shop once** from the Cleanse list in the DC3 Diet.
- 4** **Remove access.** Juice, pop, chips, cookies, honey buns. Out today.
- 5** **Calendar it.** DC15 before work. Walk after dinner. Saturday Huddle, 9 AM CT.

DAY 1

Baseline. Weight first thing in the morning. Waist at the belly button. Front and side photo. Same scale every time.

DAYS 1 TO 5

The Discipline Cleanse. All six standards, hard carbs out. Page 10.

DAY 3

Check in with your coach. Energy, hunger, digestion and the first standard you missed.

DAY 6

Full DC3. The Flex meal comes back on purpose.

DAY 7

Review. Read your Discipline Score. Bring the first breakdown to the Huddle.

SAFETY FIRST. THEN THE STANDARD.

Take blood pressure or diabetes medication, or have kidney, heart or liver disease? Show this guide to your doctor before you start. High protein and lower carbs can change what your medication needs to do. Burn has caffeine and yohimbe: high blood pressure, a heart condition, anxiety or any medication means doctor first. Burn days: one cup of coffee max, no energy drinks, no pre workout. Stop and get help for dizziness, fainting, chest pain or anything that feels wrong.



DAY 0

Install before you improvise.

MOVEMENT 01 · EVERY MORNING BEFORE WORK

01 THE DC15 WORKOUT.

Fifteen minutes. Zero equipment. Home, office, hotel, anywhere. **Six strength minutes, then a nine minute cardio finish.** The point isn't 15 minutes. The point is identity. Your first meeting is with the standard.

90

SECONDS

SQUATS

Hips back, feet planted, chest up. A chair is your target.

90

SECONDS

PUSH UPS

Rigid line from head to heels. Incline when you need it.

90

SECONDS

SUPERMANS

Lift with control, neck neutral. Alternate arm and leg.

90

SECONDS

PLANK

Brace the stomach. Knees down before form breaks.

9

MINUTES

THE CARDIO FINISH

Run, treadmill, bike, stair climber, shadow boxing or burpees. Push until a full conversation is hard.

MODIFY, NEVER SKIP

START HERE

THE STANDARD

RAISE THE STANDARD

SQUATS

Chair squats, partial depth

Full squat, heels down

Pause at the bottom

PUSH UPS

Wall or desk push ups

Floor push ups, rigid line

Slower down, more clean reps

SUPERMANS

Alternating arm and leg

Full superman

Hold the top two seconds

PLANK

Knees or hands on a bench

Forearm plank

Longer holds, tighter brace

CARDIO

March or brisk walk

Run, bike or shadow box

Faster pace, same 9 minutes

THE RULES

- No rest between the strength moves.
- Modify the move, never skip the day. Your coach approves the swap.
- Record your reps. Beat them with clean form.
- Sharp or sudden pain: stop that move and tell your coach.

THE CHECK

All six strength minutes and all nine cardio minutes. Log it in the app. Your [Fuel Shake](#) breaks the fast at 9 AM or later. Training at 6 AM? Shake right after. That's the one exception.

Locked in don't mean perfect. It means locked in.

A modified DC15 today beats a perfect one you keep promising for tomorrow.

MOVEMENT 02 AND 03 · ONE WORKOUT DOESN'T CANCEL A DAY OF SITTING

WALK TWO MILES. HIT 10,000.

Your job doesn't physically exhaust you. **It mentally exhausts you while keeping your body still.** The walk and the steps put back the movement the career took away.

02 THE DISCIPLINE WALK

Two miles every day, Cleanse included. After dinner is the strongest slot. It moves the meal, closes the workday and gives stress somewhere to go besides a glass or the kitchen. Thirty to forty minutes at a pace you can repeat. Bring your wife and kids.

BACKUP SLOTS

Before the first meeting. Lunch. Two one mile blocks. The hotel treadmill. The airport terminal.

THE CHECK

Phone, watch, ring or treadmill.
Two miles means two miles, not "I was on my feet today."

THE TRADE

You wouldn't cancel on a client.
Don't cancel on your body. Move the appointment. Keep it.

03 THE 10,000 STEP STANDARD

The walk gives you about 4,000. **Engineer the other 6,000 into the workday.** Don't find a 5,000 step hole at 9:45 PM. The walk counts toward your steps, but you earn both checks separately.

MIDDAY GATE

4,000 to 5,000 by lunch. Behind? Walk ten minutes now.

DINNER GATE

Know the number before your walk. Extend the route.

CLOSE GATE

Check it only when the device reads 10,000.

FIND THE STEPS

- Take calls on your feet
- Park farther away. Take the stairs.
- Walk ten minutes after every meal
- Never sit past 60 minutes

10,000 IS A STANDARD. NOT A SUGGESTION.

Connect Apple Health or Google Fit in the app so your steps count automatically.

DISCIPLINECLUB

DISCIPLINE OVER EVERYTHING

Close the day on your feet.

THE DC3 · FOOD RULES 01 TO 03 · ONE POINT EACH, EVERY NIGHT

STOP THE BLEEDING.

The food that gave us soul is making us fat. **You don't have to give up your culture. You have to regain control.** These three rules remove what's doing the damage. The full food system lives in the [DC3 Diet](#).

01

NO LIQUID CALORIES

We don't drink our calories. If it's in a glass, a can or a bottle, it needs to be zero calories. Coke Zero, sparkling water, unsweet tea, a splash of cream in your coffee. When you're drinking sugar, you're drinking type 2 diabetes in a bottle. Your [Fuel Shake](#) is a meal, not a drink. Alcohol: five a week max, one or two in a sitting, done by 9 PM.

02

KITCHEN CLOSES AT 9

Nothing good happens after 9. The Discipline Fast runs 9 PM to 9 AM. Late night food isn't hunger. It's stress, exhaustion and habit. Finish your Flex by 8:30. Hungry after 9? Water, wait fifteen minutes. Every night? You didn't eat enough at your Fuel meals.

03

NO BS FOOD

No fast, fried or fake food. If it can survive an apocalypse or sits in a gas station, it's BS. Chips, candy, cookies, pop, honey buns, drive thru combos. Some foods don't get moderated. Remove access. You can't binge on what isn't in the house.

150 TO 500

calories a day cut by no liquid calories

200 TO 600

calories a day cut by closing at 9

300 TO 1,000+

calories a day cut by no BS food

Approximate. Varies with your body and your starting point. No calorie counting, ever.

OPEN THE FULL DC3 DIET ›



THEN YOU EXECUTE

FAST. FUEL. FLEX.

The stop rules remove the damage. These three tell you exactly what to eat instead. **Three meals a day, inside a twelve hour window.** No calorie counting. No meal prep. No weighing food. Your hand is the only measuring tool.

04 FAST

9 PM to 9 AM. Twelve hours, most of them asleep.

- Water first, a full bottle
- Black coffee or unsweet tea, a splash of cream and stevia
- Break it at 9 AM or later with a Fuel meal
- Training at 6 AM? Shake right after. The one exception.

05 FUEL

Two Fuel meals: one Fuel Plate and one 50 gram Fuel Shake.

- 2 palms of protein
- 2 fists of vegetables
- 1 cupped hand of fruit
- 0 hard carbs. Save them for Flex.

06 FLEX

One Flex meal. Your carbs, your taste buds, your family. Flex is structure, not a cheat.

- 1 to 2 palms of protein
- 1 cupped hand of carbs
- 1 to 2 fists of vegetables
- 1 thumb of sauce or fat. Done by 8:30.



PALM

Protein

FIST

Vegetables

CUP

Cupped hand: carbs and fruit

THUMB

Fats, oils, sauce

ALL SIX STANDARDS IN ONE DAY

A DISCIPLINED DAY.

The clock can move. The order doesn't. **Plan your day, or hunger and the calendar will plan it for you.**

WAKE UP

Fast. Water first. 1 [Burn](#) capsule. One cup of coffee max on Burn days.

BEFORE WORK

DC15. Fifteen minutes. Log your reps. No energy drinks, no pre workout.

9 AM TO NOON

Fuel Shake. Break the fast. 2 [Multivitamin](#) capsules and your first [Probiotic](#). Photo it.

MIDDAY

Fuel Plate. [Digestive Enzyme](#) 20 to 30 minutes before. Step check: 4,000 to 5,000 by lunch.

AFTERNOON

Move. Never sit past 60 minutes. Walk between meetings. Water toward a gallon.

5 TO 8:30 PM

Flex. Digestive Enzyme before. Eat with your family. Second Probiotic. Photo first. Then the **Discipline Walk**, two miles.

9 PM

Kitchen closed. Confirm 10,000 steps. Check off all six in the app. Leave it in the day.

SNACKS

Only when you're truly hungry. One, photo it: fruit, jerky, boiled eggs, Greek yogurt, nuts, a protein bar.

EATING OUT

Protein first, double vegetables, sauce on the side, zero calorie drink. Every order is in the DC3 Diet.

WHAT BREAKS THE DAY

Skipping the shake, then showing up to dinner starving. Grazing. Drinking your lunch.

YOUR BODY IS A BUSINESS. DID YOU HANDLE BUSINESS TODAY?



THE DAY

Your first meeting is with the standard.

DAYS 1 TO 5 OF MEMBERSHIP · DAYS 1 TO 5 OF EVERY MONTH

THE DISCIPLINE CLEANSE.

Every brother starts the Club here. Five days, low carb, zero negotiation. **A clean first win: proof you can control the next meal.** Run it again the first five days of every month, and any time the scale sits still for two weeks.

THE ONE CHANGE

All six standards stay in force. **Your Flex meal becomes a third Fuel meal.** No bread, rice, pasta, potatoes, beans, cereal, oats, grains, chips, tortillas, pastries or sweets for five days.

THE TARGET

Expect 5 to 10 pounds off the scale. That's water, glycogen and body fat, not 10 pounds of pure fat. No alcohol for the five days. Day 6, the Flex meal comes back on purpose. The discipline stays.

CLEANSE DAY RHYTHM

- **9 to 10 AM:** Fuel Shake
- **1 PM:** Fuel Plate
- **4 PM:** one snack, only if truly hungry
- **7 PM:** Fuel Plate. Done by 9.

SHOP ONCE

- **Protein:** chicken, turkey, lean beef, salmon, eggs, Greek yogurt
- **Vegetables:** greens, broccoli, green beans, peppers, frozen with no sauce
- **Fats and fruit:** avocado, olive oil, nuts, any whole fruit
- **Flavor:** mustard, hot sauce, seasonings, lemon

DAILY CLOSEOUT

Water first, toward a gallon

Photo every plate

DC15, the walk and 10,000 steps

All six checked before bed

SAFETY OVERRIDES THE CHECKMARK.

Diabetes, kidney or heart disease, glucose or blood pressure medication, pregnancy, or a history of disordered eating? Doctor first. Stop immediately for severe weakness, confusion, fainting, persistent vomiting or dehydration.



SHOP ONCE

Protein. Produce. Water. Done.

DC FUEL • BUILT TO COMPLEMENT THE DC3

THE DC3 STACK.

THE SYSTEM HAS AN EDGE.

The six are the system. **The DC3 Stack backs it:** more protein, a fat burning and metabolism edge, and a gut that can process the food you're now eating right. Five products, one order. Don't guess with random supplements from the store. Run ours.



FUEL • PROTEIN

NATURAL WHEY PROTEIN

Your Fuel Shake. Most men aren't eating close to enough protein. Two scoops is 48 grams, 0g added sugar. **Run it:** 2 scoops at breakfast or right after DC15.



FAST • FAT BURN AND METABOLISM

BURN

Supports fat burning, energy and appetite control. **Run it:** 1 capsule in the morning, never past 4 PM. 8 weeks on, 2 off. One cup of coffee max, no energy drinks, no pre workout.



FUEL AND FLEX • PROCESS YOUR FOOD

DIGESTIVE ENZYMES

You just doubled your protein. Supports digestion of protein, fats and carbs, less bloating and better absorption. **Run it:** 1 capsule 20 to 30 minutes before your Fuel Plate and your Flex meal.



NO BS FOOD • GUT RESET

PROBIOTIC 40 BILLION

40 billion CFU for the gut that decades of fried and processed food left behind. **Run it:** 1 capsule daytime, 1 evening.



EVERY DAY • COVERAGE

MULTIVITAMIN

Men's Supravitamin. Covers the gaps on travel days and long days. **Run it:** 2 capsules with your first meal.

ORDER THE DC3 STACK - \$169 ›

\$180.95 bought separately. All five, shipped together, at disciplineclubstore.com. The stack backs the work. It never replaces it. Any condition or medication? Talk to your doctor first. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

EXECUTE · LOG · REVIEW · CORRECT

THE DISCIPLINE SCORE.

The app records it. **The Discipline Hub turns it into a score** you see daily, weekly and monthly, and it powers the leaderboard. If it isn't tracked, it becomes negotiable. Performance is visible. Excuses are not.

EVERY DAY · LOG THE SIX AND EVERY MEAL

DC15 Workout, Discipline Walk, 10,000 Steps, No Liquid Calories, No Eating Past 9pm and No Processed Foods, as labeled in the app. Tap the gold + then Meal, and snap every plate before you eat. **The picture is the log.**

THE MEMBER WEEK

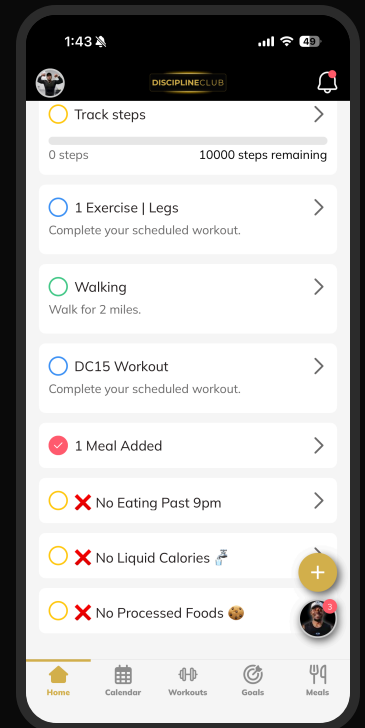
MONDAY Kickoff message sets the week.

WEDNESDAY Midweek push to every man behind pace.

FRIDAY The Weekly Check In opens. Complete it.

SATURDAY **Weigh in** before food, same scale. Score drops. **Discipline Huddle live, 9 AM CT.**

SUNDAY Reset and plan the week.



YOUR COACH

Ask before you guess. Bring the first breakdown, not the excuse. Receive the correction and run it.

THE BROTHERHOOD

Iron sharpens iron. Post proof. Show up when you're winning and when you're not.

DON'T BE A GHOST

A missed day is not permission to disappear. Stay plugged in. Report it, correct it, come back.

LOG THE TRUTH, NOT THE STORY.

POST PROOF · GET YOUR SHIRT · REAL MEMBERS, REAL SHIRTS



REAL LIFE · IT'S GOING TO HAPPEN

WHEN LIFE HITS, BOUNCE BACK.

The Discipline 6 isn't against alcohol, dessert, travel or the cookout. **It's against losing control.** Change the method. Never the standard. The next decision wins.

TRAVEL + SORE

The DC15 works in a hotel room. Walk the terminal. Scale the moves down. Order a Fuel Plate anywhere.

SICK

Follow your doctor. Hydrate. Walk easy if you can. Tell your coach. Return without making up for lost time.

CHEAT MEALS

Two a week max, planned, in place of Flex. You cheat with discipline. You don't have an affair.

THE BOUNCE BACK · MISS ONE, NEVER MISS TWO

1 · Own it. Make it your fault.

2 · Hydrate. Back to water.

3 · Return to structure. Next Fuel meal.

4 · Honor the cutoff. Closed at 9.

5 · Move. DC15 and the walk.

6 · Report. Tell your coach.

YOUR SCORE

hub.disciplinecoach.com

THE FOOD

[The DC3 Diet](#)

DC FUEL

disciplineclubstore.com



WEIGHT LOSS IS THE PROOF. DISCIPLINE IS THE PRODUCT.

The daily discipline is the boring, repetitive work that will transform you. Be addicted to the work, not the result. 90 days from now you're gonna be a whole nother brother. Get your shirt.

COACH RONNIE D.O.E.