

The Dogfight Challenge

12 Weeks

5 Codes

No Excuses

Foreword — From the Dogfather Coach

Most people live like strays
Wandering. Weak. Afraid.

They bark but never bite

They sit on the couch, scrolling endlessly,
poisoning their bodies with alcohol and excuses

They wear the mask of confidence,
but their eyes betray them

Hollow... Lost...

This Challenge is not for them

This Challenge is for those who refuse to be strays

For those who hear the call of the Pack

For those who want to be trained like working dogs

Disciplined – Relentless – Dangerous



Why the Dogfight Method Exists

I built the Dogfight Method for one reason:
because the world is soft.

I am tired of hearing the excuses of grown-ass men and women.
"I don't have time."
"My knee hurts."
"My work gets in the way."
"It's too hard.. too extreme."
"I'm doing it, but for me it just doesn't work."

Excuses stacked on excuses
wasting time making reasons instead of making progress.

And the irony?

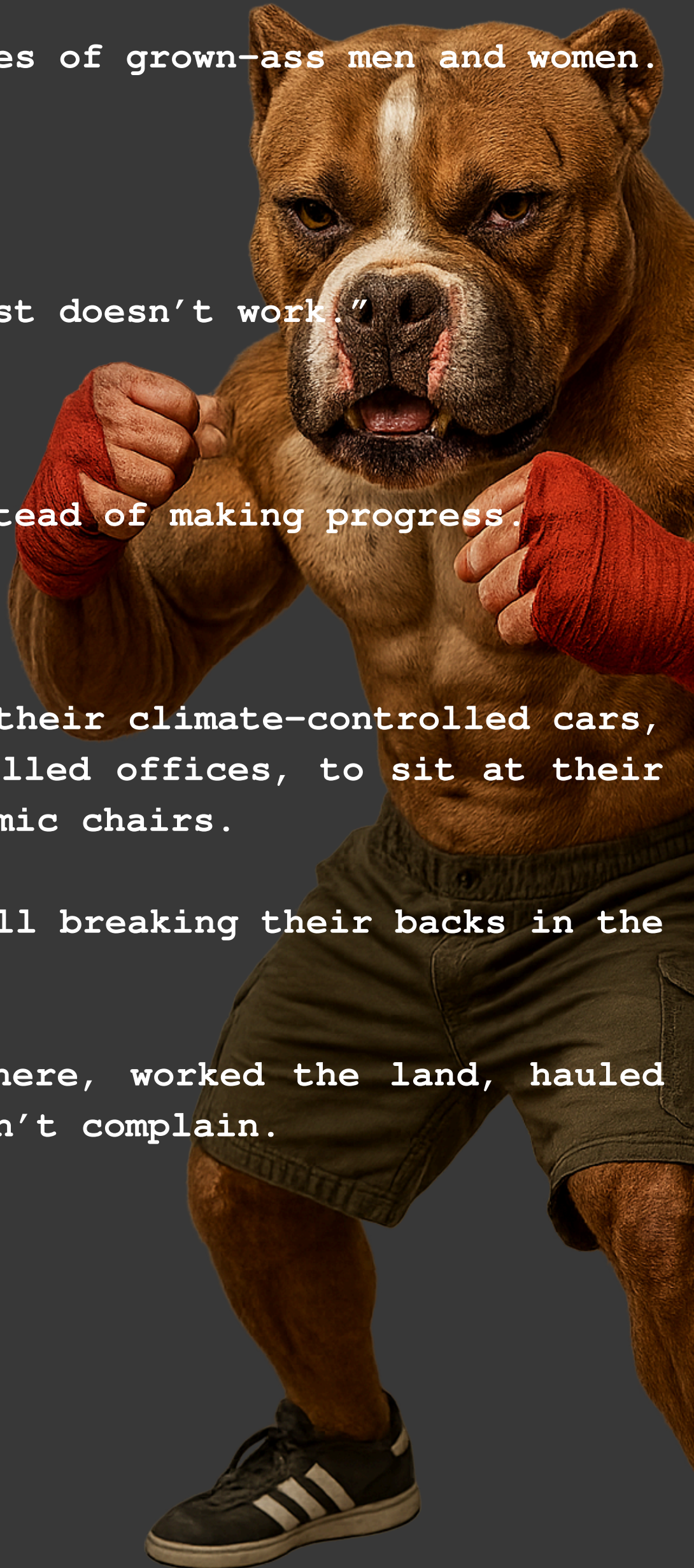
They say this while sitting in their climate-controlled cars,
driving to their climate-controlled offices, to sit at their
ergonomic desks in their ergonomic chairs.

Meanwhile, there are people still breaking their backs in the
heat and cold.

Our grandparents walked everywhere, worked the land, hauled
water, grew their food, and didn't complain.

We got soft along the way

and it's killing **you**.
It's killing your **body**.
It's killing your **dreams**.



Society trains people to be house pets:
safe, obedient, weak.
House pets eat when told.
Sleep when told. Wag their tails when told.

They've forgotten what it means to
Fight, to Protect, to Push, to Lead.

But NOT you.

Inside you lives a **working** dog, a **guard** dog, a **fighting** dog.
It's been buried under years of comfort and distraction

But it's there.

You will accept the rules of the **CODES**
because only structure forges strength.

And when you come out, you will be
better, stronger, faster, and more dangerous than ever before.

The **F**orge, the **M**arch, the **D**rills, the **F**uel, the **E**dge

These are not workouts or diet tricks.

They are Codes of survival
Break them, and you break yourself.

Live by them, and you become something unrecognizable:

Hard. Sharp. Ruthless. Balanced. A **leader** of the Pack.



✂ What this **Challenge** demands

- Discipline over excuses.
- Pain over comfort.
- Truth over lies.

There is no "I tried."
There is no "maybe."

Either you obey the **Codes** – or you break them.

Every day, you will face the 5 Codes:

- The **Forge** will break your body and rebuild it.
- The **March** will keep you moving when the strays are sitting.
- The **Drills** will burn your lungs until weakness dies.
- The **Fuel** will sharpen your body from the inside out.
- The **Edge** will clear your mind so your bite lands with precision.

And when all that's left is truth,
you will see yourself for what you are:

Not a stray.
Not a house pet.

But a **Fighting Dog**.



What **You** will become

The Fighting Dog does not brag

- the Pack sees his bite

The Fighting Dog does not make excuses

- he acts

The Fighting Dog does not bow to weakness

- he hunts it down and kills it

This is not a program. This is not a hobby.

This is not a “summer shred” or “new year’s resolution.”

This is war. This is survival.

This is the **Dogfight** Challenge.

If you finish these 12 weeks, you will not be the same.

- Your **body** will be leaner, stronger, harder.
- Your **mind** will be calmer, sharper, more ruthless.
- Your **pack** will know your name.

And once you are forged, there is no going back.

My word to You

I will not promise comfort.

I will not promise empty victories.

I will not promise easy days.

I promise you pain.

I promise you struggle.

I promise you growth.

And I promise you that when you come out the other side,
you will never again live as a stray.

You will know what it means to be a Fighting Dog.

You will know what it means to **lead** the Pack.

DOGFIGHT
CHALLENGE

Kristof “**The Dogfather Coach**” – Creator of the **Dogfight Method**

Introduction — The Rules of the Fight

Most men or woamen want change.
Few are willing to pay the price.

They want strength without sweat.
Discipline without sacrifice.
Victory without the fight.



That's not how this works.

The Dogfight Challenge is simple in words
but brutal in execution:

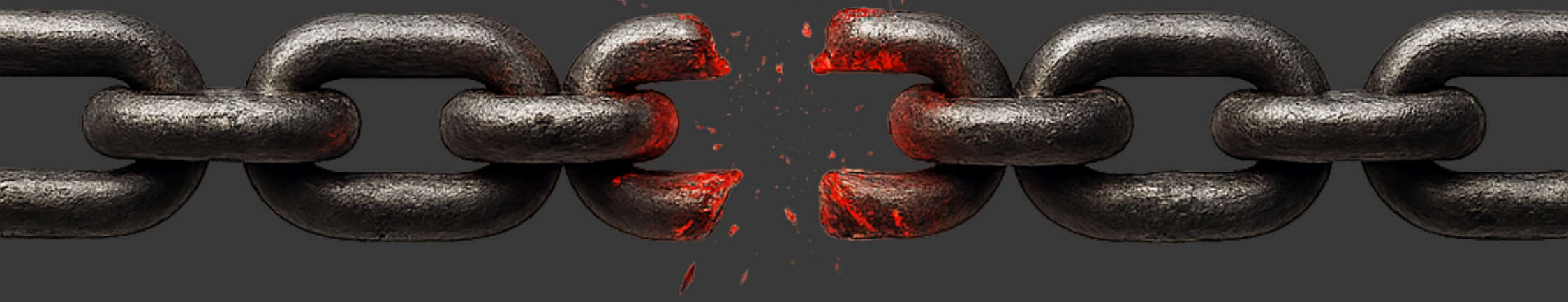
- 12 weeks.
- 5 Codes.
- No excuses.

You will train your body, discipline your mind,
and sharpen your edge.

Each day, you will face a simple truth: Pass or Fail.

There is no "almost." There is no "kinda."

Either you obey the Codes — or you break them.



The 5 Codes of the Dogfight Challenge

The Challenge is built on five iron Codes.
They are not suggestions. They are not guidelines.
They are law inside the Pack.

1. The **Forge** – Daily training. Sweat, strength, steel.
2. The **March** – Daily steps. Movement is survival.
3. The **Drills** – Burpees and jump rope. Engines of endurance.
4. The **Fuel** – Food as fuel, not comfort.
5. The **Edge** – Mindset. Daily clarity.

One day each week, the leash comes off.
A Free Day. Use it wisely:

reset, reload, and come back ready to fight.

✂ The Rules of the Fight

- 6 Days On, 1 Day Off.

You follow the Codes Monday to Saturday.
Sunday is rest – or the Free Day if you choose.

No Excuses. You miss a Code, you fail that day.

Fail, Restart. If you break, you don't quit – you restart.
Strays quit. Fighting Dogs return.

The Pack Sees All.

You will track your days in the Dogfight Tracker.

Pass or Fail.

Public. Brutal. Honest.

The Pack **Mentality**

This is not a solo journey. The Pack hunts together.

When you are weak, the Pack will push you.

When you are strong, you will lead.

By the end of these 12 weeks,
you will not only transform yourself
you will have carried others with you.

That is the **Dogfight** way.



🏆 The End of the 12 Weeks

If you survive all 12 weeks,
you will earn your place as a Fighting Dog of the Pack.

Your **body** will be harder.

Your **mind** will be sharper.

Your **will** to fight will be undeniable.

And the Pack will know your name.

If you fail, you restart.

There is no shame in falling – only in staying down.

Code I — The Forge

“It’s not the size of the **DOG** in the fight
it’s the size of the **FIGHT** in the Dog.”

The Forge is the fire that melts the stray down
and reforges him into steel.

It is the daily discipline of sweat and suffering.

This is where the Fighting Dog is created.

Every single day (Mon–Sat) you train.
There is no discussion, no negotiation.
Only the Order of the Forge.

Rules of the Forge

6 Days per Week (Mon–Sat): one session each day.

Different Options:

Group Session – **Dogfight Combatives**

Brutal, aggressive street-defense training.
Dirty boxing. Clinch. Survival fighting.

For Pack members inside the HQ,
this is where we sharpen teeth and claws.

Group Session – **Dogfight Conditioning**

Strength and conditioning forged with kettlebells, carries,
fight-circuits, and bodyweight.

No machines. No mirrors. No excuses.

Faithful Dogs already in the Pack can choose either of these two.

Strays outside HQ: any gym or group workout counts if and only if you push yourself like a Fighting Dog.

Don't walk through a half-effort Zumba class and call it Forge.

This is training, not pretending.

Home Forge – Push-ups, Squats, Pull-ups (with regressions).

Miss a group session? No problem.

You will earn your day at home.

This is your fallback, your punishment, your discipline.

Sunday = Rest.

But even on Sunday, The March still applies.

Miss = Failure. If you miss a day and don't have your Free Day, the Forge is broken. You failed the Code.

"House pets look for options. Fighting Dogs only see orders.
You train. Every day. Six days straight. No excuses."

Home Forge — Daily Calisthenics

If you don't attend a group session,
the Home Forge is mandatory.

No free passes. No soft days. No hiding.

Movements:

- **Push-Ups** — Chest to floor, lockout at top.
- **Squats** — Ass to grass, chest up, no half-reps.
- **Pull-Ups** — Full hang to chin over bar.

Can't do push-ups yet?

use regressions:

- half push-ups
- kneeling push-ups
- wall push-ups

Can't do any full squats?

use regressions:

- half squats
- chair squats
- band assisted squats

Can't do any pull-ups? Then regress to:

- Band-assisted pull-ups
- inverted rows
- Negatives (jump up, lower slow)
- Elastic band rows



Home Forge Progression (Daily Minimums Mon-Sat)

Week	Push-ups (total reps/day)	Squats (total reps/day)	Pull-ups (total reps/day)
1	50	50	10
2	55	55	12
3	60	60	14
4	65	65	16
5	70	70	18
6	75	75	20
7	80	80	22
8	85	85	24
9	90	90	26
10	95	95	28
11	100	100	30
12	105	105	32



Code II — The March

"A Fighting Dog never stays still. Movement is life."

Work dogs patrol. Guard dogs stand watch.
Fighting Dogs don't lie around all day like strays.

Movement is survival. Stillness is decay.
The March is simple: you move every single day.

Not once in a while, not when it's nice outside.
Every day, for 12 weeks straight.

The March is not about training
like a sprinter or a marathoner.

It's about building an engine
that never runs out of fuel,
recovery that never stalls,
and discipline that never cracks.

Rules of The March

- Daily steps, every single day. No excuses.
- Use a step tracker (watch, phone, band). Log it.
- Steps can come from any type of walking:
daily movement, or an intentional walk.
You don't need to "go for a hike".

Just move more.

If it says "10,000" at the end of the day, good.
If it says "3,000," you failed.



"If your dog only walks once a week, it's dying.
So are you. Movement is life. Keep moving."

Time / Distance Estimates

To kill excuses, here's what those step counts mean in time and distance:

- 5,000 steps \approx 50 minutes \approx 4 km
- 10,000 steps \approx 100 minutes \approx 8 km
- 15,000 steps \approx 150 minutes \approx 12 km

This is not a mystery. You already know what it takes.

Progression Options

You have two ways to attack The March:

1. Gradual Build

- Start with 30 minutes/day in Week 1.
- Add +10 minutes per week.
- By Week 12, you're hitting 2+ hours of steady daily movement without breaking down.

2. All-In Approach

- From Day 1, aim for 10,000–15,000 steps daily.
- This is harder, but it builds the Fighting Dog faster.

Choose the path.
Both lead to the Pack.
One is slower, one is ruthless.

Pack Progression

- Weeks 1–4: **Awareness.**

Learn how little you actually move. Track steps.

Build awareness. Most strays don't even hit 3,000/day.

- Weeks 5–8: **Push.**

Add minutes. Add steps.

This is where you start hunting for opportunities to move.

Park farther away, walk the long way,

pace when you're on the phone.

- Weeks 9–12: **Own It.**

The March is no longer something you think about.

It is automatic. You live in motion.

The Pack keeps moving, and you are at the front.

Why The March Matters

- **Recovery:** Walking increases blood flow, heals muscle tissue, and helps you recover faster from Forge and Drills.

- **Mood:** Steps kill anxiety and depression better than scrolling. Movement resets your brain chemistry.

- **Fat Loss:** Walking burns calories without draining recovery. No stress hormones, just steady fat burn.

- **Longevity:** Strays sit until they rot.
Fighting Dogs march until the job is done.



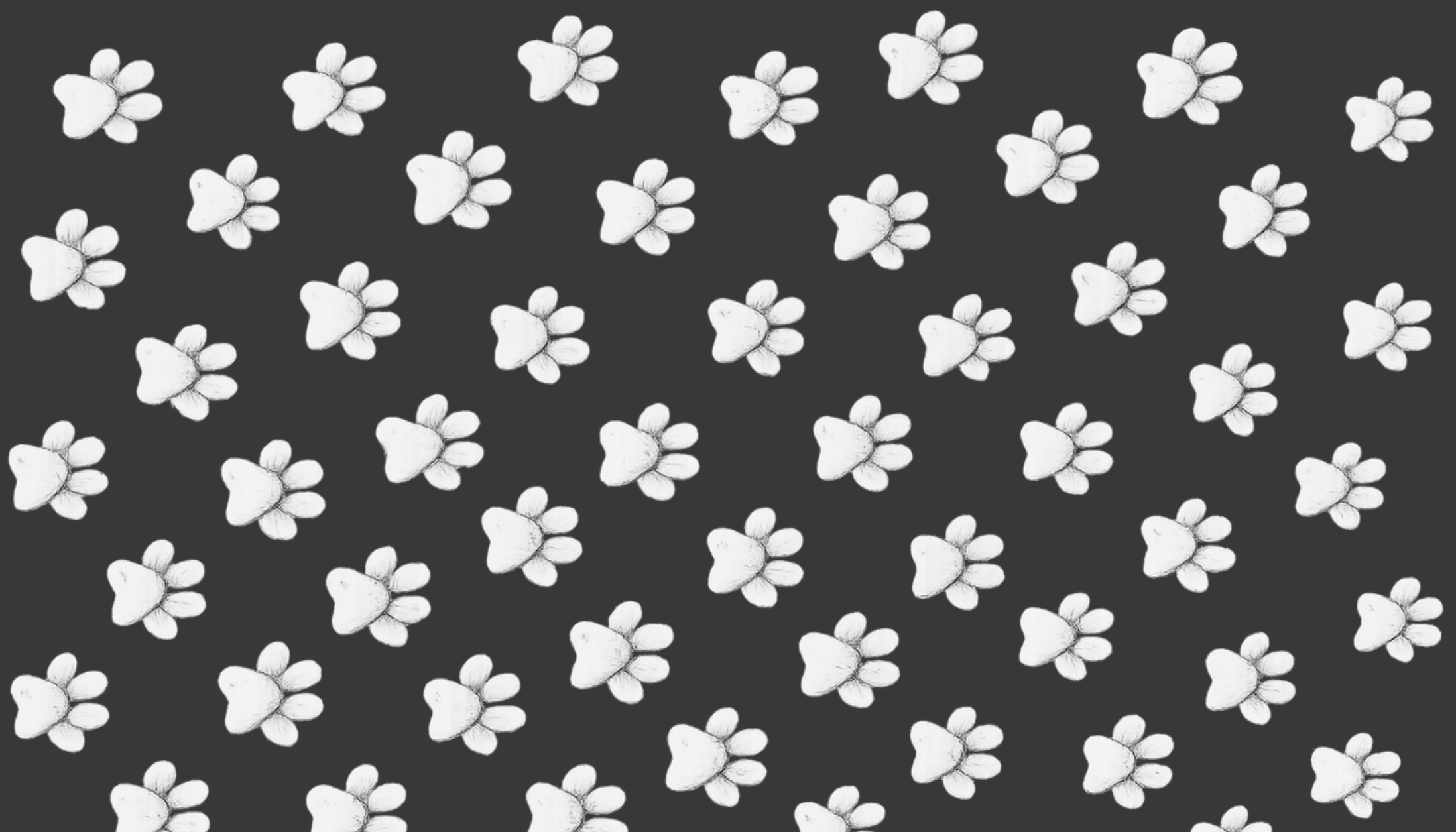


Completion Standard

- Minimum: 10,000 steps daily by mid-program.
- Goal: 12,000–15,000 daily steps by Week 12.

Non-negotiable: Every single day.

"You've become what you were meant to be:
a working dog that never rests until the job is done.
Strays sleep. Fighting Dogs patrol. Keep marching."



Code III — The Drills

"Skill is sharpened through drills.
Conditioning is earned, not given."

The Forge breaks your muscles. The March builds your base.
But The Drills set your lungs on fire.
They strip you down to raw willpower.

The Drills are your engine work.
The ugly, repetitive grind that makes you
harder to kill and impossible to outlast.

You need no gym.
No equipment (except a rope if you choose it).

You need only two square meters of space, your bodyweight,
and your will. No excuses. Just results.

Rules of The Drills

- The Drills are done at home or added after Forge sessions.
- Choose your weapon: Burpees or Jump Rope.
- You may focus on one or alternate between the two.
Both are valid. Both build a monster engine.

"You don't need machines.

You are the machine.

Strays complain about no equipment.

Fighting Dogs drop to the floor and earn their air."

Burpee Progression

Burpees are the most hated exercise for a reason:

They demand everything. Strength, power, lungs, grit.

The standards:

- Elite: 100 burpees in 5 minutes.
(1 burpee every 3 seconds)
- Advanced: 75 in 5 minutes.
- Beginner: 50 in 5 minutes.

Jump Rope Progression

Jump rope is rhythm, coordination, and lungs on fire.
It looks easy. It isn't.

The gold standard: 5 × 5 minutes skipping, minimal rest.

We build towards that.

But we don't start there. We build it step by step.

Burpee Progression

Week	Sets × Reps	Total Burpees	Notes
1	3 × 10	30	Base week, groove cadence
2	3 × 15	45	Add volume, still manageable
3	3 × 20	60	First bump, mental push
4	2 × 30	60	Fewer sets, longer efforts
5	3 × 25	75	Conditioning climbing
6	2 × 40	80	Push endurance
7	3 × 30	90	Break mental wall
8	2 × 50	100	Halfway to goal
9	1 × 60 + 1 × 30	90	Long set focus
10	1 × 75	75	Endurance test
11	1 × 85	85	Close to century mark
12	1 × 100	100	Final challenge



Jump Rope Progression

Week	Sets × Duration	Total Time	Notes
1	3 × 1 min	3 min	Base week, groove rhythm
2	3 × 2 min	6 min	Double time, stay relaxed
3	4 × 2 min	8 min	Extra set added
4	3 × 3 min	9 min	Longer intervals
5	4 × 3 min	12 min	Build stamina
6	3 × 4 min	12 min	Push endurance
7	4 × 4 min	16 min	Nearly at long set focus
8	5 × 3 min	15 min	More sets, steady rhythm
9	4 × 5 min	20 min	Long interval strength
10	5 × 4 min	20 min	More volume
11	4 × 5 min + 1 × 3 min	23 min	Close to goal
12	5 × 5 min	25 min	Final challenge



Pack Progression

- Weeks 1–4: Learn.

Build rhythm. Master technique.

Build tolerance to burning lungs.

- Weeks 5–8: Volume.

Push sets longer. Shorten rests. Accumulate work.

- Weeks 9–12: Dominate.

Hold the cadence. Crush the gold standard.

Test yourself. No breaks. No weakness.

If you cannot complete the designated reps for that week,
repeat the next week until passed.

Why The Drills Matter

- Endurance:

Forge builds strength.

Drills build the gas tank.

- Mental toughness:

Few things suck more than burpees at rep 60.

That's why we do them.

- Fight readiness:

Both burpees and rope mimic fight rhythm

Bursts of explosive effort, repeated again and again.

- Accessibility:

No excuses. 2×1 meters of space is all you need.

Completion Standard

By Week 12, the Fighting Dog will:

- Complete 100 burpees in 5 minutes (gold).
- Or skip rope 5 × 5 minutes with minimal rest.
- Stray excuse: none.



“You can’t outtalk burpees.

You can’t outscroll the rope.

You can only earn the air you breathe.

Strays quit when it burns.

Fighting Dogs drill until there’s nothing left, then they drill again.”

Code IV — The Fuel

"Food is fuel.

Feed the fight or starve the Fighting Dog within."

You cannot out-train bad fuel.

A stray eats for comfort. A Fighting Dog eats for war.

Every bite you take either
sharpens your teeth or dulls your edge.

This is not about diets. Not about fads. Not about starving.
This is about eating like a machine that has one mission:
fight, recover, dominate.



Rules of The Fuel

Protein First.

Protein builds muscle, keeps you full, repairs damage,
and signals your body to burn fat instead of storing it.

- Target: 1.6 – 2.2 g protein per kilogram
of desired bodyweight.
- Examples:
 - 80 kg target → 128–176 g/day
 - 90 kg target → 144–198 g/day
- Real-world foods:
 - Beef, chicken, turkey, pork, game
 - Fish (salmon, tuna, cod, sardines)
 - Eggs, Whey protein, Greek yogurt, cottage cheese

"Strays chase carbs. Fighting Dogs chase protein.
Bite down on food and grow stronger."

Fats Come Naturally.

Do not fear the whole-food fats included
in your animal protein:

- Meat
- Eggs
- Oily fish
- Nuts

1. Cook with small amounts of:

- Extra virgin olive oil
- Real butter/ghee
- Coconut oil



1. Avoid:

- Processed vegetable oils
- Margarine
- “Low-fat” garbage

“The fat that comes with steak makes you strong.
The fat that comes in a box makes you weak.”

Carbs With Purpose.

Carbs are not the enemy. But they must be earned.

- Simple carbs (fruits & vegetables):

Anytime. Apples, berries, bananas, carrots, broccoli.

- Complex carbs (rice, potatoes, oats, bread):

Only around workouts.

Fuel the Forge and Drills, not the couch.



Rule: Eat for function, not for feelings.

Water = Life.

Drink at least 3 liters per day.

Hydration isn't a tip. It's survival.

Benefits:

- Better performance (muscles are 70% water).
- Aids fat loss (hydration supports metabolism).
- Prevents cravings (thirst feels like hunger).
- Keeps recovery sharp (hydrated cells repair faster)



"A dehydrated dog is a dead dog. Drink. Then drink again."

Pack Progression

- Weeks 1–4: Awareness.

Track protein. See how weak your current fuel habits are.
Fix water intake.

- Weeks 5–8: Adjustment.

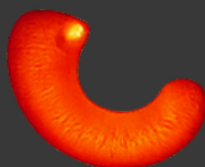
Dial carbs to workout timing. Make protein consistent.
Learn to eat like a Fighting Dog without overthinking.

- Weeks 9–12: Mastery.

Eating is no longer random. It is strategic. Every bite has
a purpose. You eat to perform, not to comfort.

Why The Fuel Matters

- Performance: Without protein and carbs, you break down.
With them, you rebuild stronger.
- Fat loss: Protein + walking = fat melts. Strays starve
and yo-yo. Fighting Dogs fuel and stay sharp.
- Mindset: Junk food dulls aggression.
Clean fuel sharpens it.
- Longevity: This is not 12 weeks of diet.
This is 12 weeks of learning how to eat like a predator.





Completion Standard

- Hit protein target daily
(1.6 – 2.2 g/kg desired bodyweight).
- Fats from whole foods, not processed trash.
- Carbs around workouts only.
- 3 L water per day.

No exceptions.

No "cheat snacks".

Only the Free Day resets this law.



"Strays count calories while eating trash.
Fighting Dogs eat meat, drink water, and fight harder.
Keep it simple. Keep it sharp. Fuel the fight."



"Sharp teeth. Clear mind."

You can train the body. You can fuel the fight.
But if your mind is clouded, you will never strike
with precision.

The Edge is about discipline of the mind.
It is about clarity, control, and sharpness.

A stray lives drunk, distracted, and dull.
A Fighting Dog lives sharp, focused, and deadly.

This is the yin for your yang
The calm that makes the aggression unstoppable.

Only a clear head can unleash the perfect bite.

Rules of The Edge

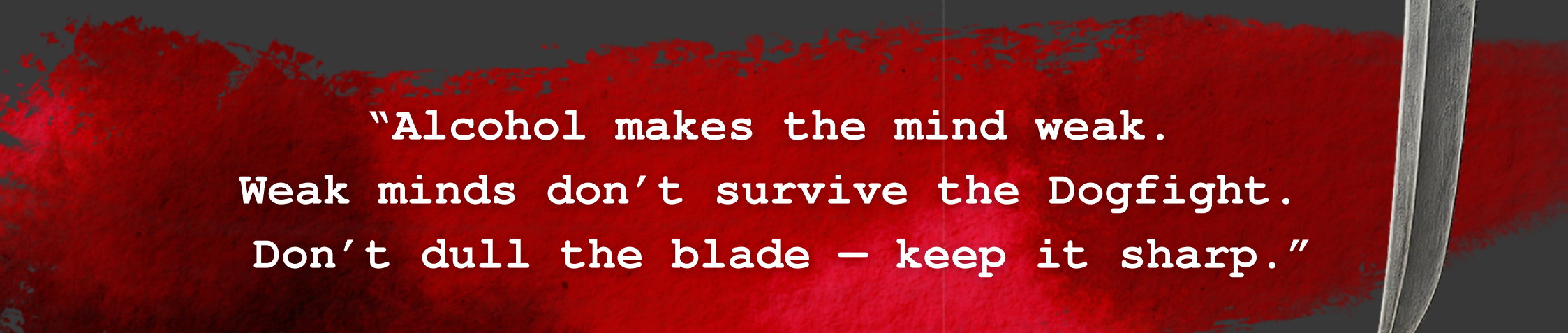
No Alcohol on Training Days.

For 12 weeks, no alcohol Monday through Saturday.

- The only exception is your Free Day,
and even then, only sparingly.

- One drink is a choice.

Five drinks is a relapse. Don't be a stray.



"Alcohol makes the mind weak.
Weak minds don't survive the Dogfight.
Don't dull the blade — keep it sharp."



Daily Clarity (Minimum 10 minutes/day).

Every day, you must do something to balance all the training, something to stop you scrolling, sit still, and sharpen your mind.

Options:

- Reading (philosophy, combat history, mindset, personal growth, fiction, non-fiction, anything)
- Meditation
- Yoga
- Breathwork
- Sitting in silence
- Cold shower

Whatever it takes,
as long as you put the damn phone down for 10 minutes.

Spend some time each day where you purposely consume,
instead of being consumed.

"Strays scroll. Fighting Dogs study. Ten minutes of silence
will teach you more than ten hours of bullshit online."

Pack Progression

- Weeks 1–4: Break Distraction.

Kill the habit of numbing yourself with alcohol, phones, and endless noise. The mind will resist. Stay sharp.

- Weeks 5–8: Discipline.

You no longer fight to sit still. It becomes routine.

You read more, breathe deeper, silence grows comfortable.

- Weeks 9–12: Mastery.

Alcohol no longer tempts you. Distraction no longer controls you. Your focus is absolute. Your Edge is lethal.

Why The Edge Matters

- Clarity = Control. A foggy fighter is a dead fighter.
- Alcohol = Weakness. It destroys sleep, recovery, testosterone, decision-making.
- Mindfulness = Power. A calm mind controls aggression.
A distracted mind wastes it.

This is the discipline that balances your fire.

You are not a berserker burning out.

You are a predator. Calm until it's time to strike.

🎯 Completion Standard

- Zero alcohol Monday–Saturday

(sparingly on Free Day if you choose).

- 10 minutes daily clarity practice.

Fail either, and you break The Edge.

"Only a calm, focused Fighting Dog can unleash the perfect bite. Weak minds are strays. Sharp minds lead the Pack."

The **Free Day** — The Leash Off

"Rest is not retreat. Rest is reload."

A Fighting Dog is relentless.

Six days on the leash, obeying the Codes,
grinding through the Forge, March, Drills, Fuel, and Edge.

But even a guard dog is unchained once a week.

Not to get soft but to reset, recharge, and return sharper.

The Free Day is your release valve.

It's not about destroying yourself with junk.

It's about controlled freedom.

Used right, it makes you stronger.

Used wrong, it drags you back to being a stray.



Rules of The Free Day

- One Free Day per week.
- No Codes apply, except The March. Movement still matters.
- Food & Drink:
 - You can eat freely. But don't be a pig.
 - Social meals are allowed. Enjoy them.
 - Alcohol? Only today, and only sparingly. One or two drinks if you choose. If you drown yourself in booze, you're not resetting — you're sabotaging.
- Training:
 - No Forge or Drills.
 - No heavy lifting, no max-effort work.
 - Light recovery is fine:
walking, stretching, mobility, yoga.

Reset the Mind:

This is your day to breathe.

Spend time with your people. Reset stress.

Live.



Why The Free Day Matters

- **Recovery:** Six days of war tears you down.
One day of leash-off allows the body to rebuild.
- **Sustainability:** Without a reset, most strays burn out.
Fighting Dogs know how to reload without losing control.
- **Psychology:** Having one day to loosen the rules makes it easier to obey the Codes the other six.

Pack Progression

- **Weeks 1-4: Controlled Freedom.**
Learn how to reset without turning it into a binge.
- **Weeks 5-8: Balance.**
You no longer feel the urge to stuff yourself like a stray.
You eat, drink, rest — and stop when it's enough.
- **Weeks 9-12: Mastery.**
The Free Day becomes a tool, not a weakness.
Monday you return hungrier than ever,
sharp and dangerous.



Completion Standard

- One Free Day per week.
- The March still applies (10-15k steps).
- You come back Monday sharper, not softer

“Even the hardest guard dog is let off the chain once a week. Not to get lazy — but to run free, then come back hungrier. Use the Free Day to reload, not to rot.”

Transition — The Fight You Can't See

"You don't measure to feel good.
You measure to know the truth."

The **F**orge breaks you down.

The **M**arch toughens your base.

The **D**rills set your lungs on fire.

The **F**uel rebuilds the body.

The **E**dge sharpens the mind.

The Free Day resets it all.

But there's still one more fight.

The fight that no one sees. The fight against lies.

The **T**ruth Hurts

The stray avoids mirrors.

The stray avoids scales.

The stray says, "I'm fine," while rotting inside.

The Fighting Dog stares into the mirror.

The Fighting Dog steps on the scale.

The Fighting Dog wraps the tape around his waist and accepts what he sees.

This fight is not about burpees or push-ups.

This fight is about facing the truth when it's ugly.

"Strays lie to themselves. Fighting Dogs never do.
Face the truth — or remain a stray forever."

Why This Fight Matters

- Accountability: The numbers don't care about excuses. They only care about truth.
- Motivation: Real change is seen in cold, hard data, not feelings.
- Progress: What gets measured, gets improved.

If you can't face the truth,
you can't call yourself part of the Pack.

The **Weapons** of Truth

- Photos.

They don't lie. Take them weekly.
Watch the stray vanish, frame by frame.



- Tape.

Strays look in the mirror and flex. Fighting Dogs measure the waistline, the chest, the shoulders.



- Scale.

It's not your enemy. It's your accountability partner.
Weekly weigh-ins don't flatter — they expose.



Measuring Progress

"You can't fight what you won't face."

The stray hides from the mirror.

The stray avoids the scale.

The stray pretends he's "fine."

But the Fighting Dog knows better.

The Fighting Dog faces truth.

The Fighting Dog uses data as a weapon.

Progress is not a feeling. It is a fact.

And in this **Challenge**,

facts are the only thing that matters.

Why Measure?

You don't measure to stroke your ego.

You don't measure to impress social media.

You measure to face reality.

- To see if your bite is getting sharper.
- To kill excuses before they spread.
- To know, not guess.

Strays avoid numbers because numbers expose weakness.

Fighting Dogs demand numbers because numbers prove strength.

"The Pack doesn't care about your feelings.

Numbers don't lie. Photos don't lie.

Either you're changing – or you're not."

The 3 Weapons of Truth

1) Weekly Photos

- Take front, side, and back shots every week.
- Use the same lighting, same angle, same stance each time.
- Do it once per week, always before your Free Day.

Why? You won't see daily change.

But week to week, the stray face fades
and the Fighting Dog emerges.

2) Weekly Measurements

- Use a tape measure.
- Measure at:
 - Navel/waist (mandatory)
 - Chest, shoulders, neck
 - Optional: arms, thighs, calves.



Same time, same day, same conditions.

Why? The mirror lies. The tape doesn't.

3) Weekly Weigh-In

- Step on the scale once per week.
- Always on the same day, in the morning, on an empty stomach, before your Free Day.
- Never daily — weight fluctuates.
Only weekly trends matter.

Why? The scale is not your enemy.

The scale is your accountability partner.

Excuses — Killed

- "I don't like looking at myself in photos."

→ That's because you're still a stray.

Face it now, or you'll look the same in 12 weeks.

- "The scale lies."

→ No. Your habits lie.

The scale tells the truth you don't want to face.

- "I'll just go by feel."

→ Feeling is weakness.

Feeling is emotion. Data is fact. Fact is strength.

Pack Progression

- Weeks 1-4: Learn the process.

Take photos, tape, weight even if it hurts.

- Weeks 5-8: Build consistency.

You start to see progress in numbers.

- Weeks 9-12: Dominate the truth.

Measurement becomes a ritual. You stop fearing it and start craving it.

🎯 Completion Standard

- Weekly photos (front, side, back).
- Weekly tape (minimum: waist, chest, shoulders).
- Weekly weight (same conditions, before Free Day).

If you fail to measure, you fail to see.

And a dog that cannot face the truth will never lead the Pack.

"The stray hides from the mirror.

The Fighting Dog stares into it.

And smiles when the beast looks back."

Closing Words — From the Dogfather

"Once you fight as Pack, you are never a stray again."

You've walked the 12 weeks.

You've carried the Codes on your back.

You've survived The Forge.

You've marched when strays sat still.

You've drilled until your lungs screamed.

You've fueled like a predator, not a pet.

You've sharpened your Edge until the blade gleamed.

You've learned when to unleash and when to leash.

And you've faced the truth that most men run from.

Now you stand different.

Harder. Sharper. Hungrier.

You are no longer a stray.

You are no longer a house pet.

You are a Fighting Dog.

What That Means

- Strays talk. Fighting Dogs act.
- Strays hide. Fighting Dogs face truth.
- Strays quit. Fighting Dogs restart and fight again.
- Strays live for comfort. Fighting Dogs live for the Pack.

You are no longer just a man in training.

You are Pack.

And once you've run with the Pack,
you will never run alone again.

The Responsibility

Now that you know the Codes, you carry them for life.

This is not just a 12-week sprint.

This is not just about abs, strength, or conditioning.

This is about becoming a leader of the Pack.

Your responsibility now is simple:

- Lead yourself with discipline.
- Lead others with example.
- Never go back to being a stray.

The Dogfight Promise

I will not promise the fight will get easier.

I will not promise you will never struggle again.

I will not promise life won't knock you down.

But I promise this:

You now have the teeth to bite back.

The engine to outlast.

The mind to stay sharp.

The discipline to rise again.

"The stray dies in silence.

The Fighting Dog lives forever in the Pack.



Final Words

FINAL WORDS

This is not the end.
This is the beginning.

Your journey
as a Fighting Dog of the Pack
has only just started.

Now you carry the Codes, the mindset, the fire.

The Pack is waiting.
The world is watching.
Lead. Hunt. Fight. Win.



Kristof "The Dogfather Coach"
Founder & creator of the Dogfight Method