

Your Commitments This Week:

Light



You are now strategic with sunlight—not just present, but *trained*.

- Continue daily sunrise exposure.
- Prioritize afternoon sun to the torso, legs, and face. Remember that the solar callus is built through morning and evening light—the more you get from sunrise-10 AM and 5 PM-sunset, the more UV your skin can handle in the middle of the day. This is resilience building!
- Aim for max sun exposure all day long, regardless of the season or UV zone. Cover yourself with sun clothing (NOT sunscreen) when you are approaching sunburn. You are now harvesting light.
- Use cold to increase your tolerance to sun. Jumping in a lake, pool, cold plunge and letting your skin temperature cool down considerably is a fantastic way to decrease sunburn risk and maximize your time outdoors.

Movement



Add **weighted movement** 2–3x this week using a kettlebell.

- Focus on foundational lifts: swings, squats, overhead presses.
- Always barefoot or minimalist shoes.
- Integrate kettlebell flow outside under the sun when possible. Kettlebell flow means integrating your kettlebell movements along with the primal movements we have been incorporating for weeks now.



Maintain sprint practice (2-3x/week).

Cold



You're entering full cold adaptation.

- Cold showers are now standard.
- Swim in a natural body of water at least twice this week, even if only for a few minutes.
- Aim for one immersion long enough to provoke shivering (with proper safety). This is mitochondrial power training.

Food



You now eat only two meals/day, no snacks, no exceptions.



Protein stays the cornerstone, carbs remain seasonal and light.



Eat one **local animal-based food** this week you haven't yet (e.g., raw dairy, organ meats, local eggs, wild fish).

- This is mitochondrial health through regional biodiversity.

Circadian



Continue absolute screen cut-off 2 hours before sunset. Your screens should be mostly red by now.



This week: we begin **full EMF discipline**

- Turn Wi-Fi off at night. Either use the Wi-Fi settings or use a timer on your outlet (10 PM-6 AM is a good timing, protect your sleep).
- Consider using a wired, ethernet connection instead of Wi-Fi.
- Phone must be in airplane mode and physically distant from the bed.
- Consider a basic EMF meter to audit your bedroom and home (link in 'purchases').
- Blackout sleep cave. True darkness = melatonin = repair.