

Your Commitments This Week:

You've made it to the twelfth week.

That means you've already done the hard thing: you've confronted your biology. You've seen how disconnected the modern world is from nature's design. And now, you've lived 84 days in defiance of that machine.

You've reclaimed the morning sun.

You've begun eating like an animal again.

You've taught your nervous system that *cold is power*.

You've moved your body like it was designed—free, rotational, barefoot.

You've stared into the artificial night and turned it off.

This final week is not about doing more. It's about stepping fully into the *new code*.

This is what your life now looks like:

- **You wake with the sun, without an alarm.** The light guides your morning—not dopamine, not deadlines.
- **You eat as the light commands.** No food after dark. High protein in the morning. Seasonal carbs only.
- **You chase the elements.** Your skin touches earth, sun, wind, and cold every single day.
- **You move like a sovereign.** There's no longer “working out”—only *embodied expression*.
- **You walk away from screens with ease.** You've felt the cost of artificial light—and the power of darkness.
- **You're not inflamed, addicted, swollen, or scared anymore.** You're not begging a system to save you.
- You are a decentralized human again.

This week, you don't track metrics—you **feel** the truth.

You **live the day as ritual**.

You **sleep like a mammal in a cave**.

You **eat like your ancestors did**.

You **move like a child in the wild**.

You **let the cold break you open and make you strong**.

You no longer ask: “What do I need to fix?”

You now ask: “What more am I capable of?”

Light



You rise with the sun—eyes, skin, and soul exposed.



You log **60–90 minutes of afternoon sun** daily, rain or shine. The **solar callus is in progress**. You now know when UV peaks, when to layer, and when to strip down and soak in the

code.



After sunset, your home enters a **circadian cave**: no overheads, no blue, no glare, no compromise.

Movement



You move **daily and dynamically**.

- Crawling, sprinting, flowing, hanging, climbing.
- **Your kettlebell is in hand**, or your body is moving like one.
- You are now *playful and explosive*. Your fascia is rehydrated. Your posture—rewilded.

Cold



Cold is no longer a challenge—it's your nervous system reset.

- You **cold shower or plunge daily**.
- When near nature, you **immerse**.
- No whining. No “tomorrow.” You chase discomfort like it's the portal it is.

Food



You eat **two meals per day**, dialed to your season, your light, and your workload.

- Morning protein is sacred.
- No food past dark.
- You are **connected to your local food web**, and when it's not available, you fast or simplify.
- Fat is fuel. Carbs are earned. You now know the difference.

Circadian / EMF



No phones at night. No WiFi on while sleeping.

- You've now killed your routers, dimmed your home, cut the noise.
- Your **sleep zone is pure**—no screen light, no EMF haze, no mindless scroll.



Your bedroom is a sanctuary: **cold, dark, still, quiet, safe.**