

Your Commitments This Week:

You'll notice how often I say "add" here. That means we are layering. You are not allowed to forget about the previous weeks, those habits become lifelong.

Light



Viewing the sunrise every day is now mandatory and I want you to take ownership and responsibility over this habit. Make it YOURS.

- Outside. Cold. Feet on the Earth. Sky in your eyes.
- A huge part of the increased sleep quality you have experienced is secondary to this sunrise experience. The sunrise connects the hormonal sleep system as soon as you wake up. Grounding shifts electron flow which decreases inflammation, improving sleep, mitochondria and all disease states.

Movement



Take your walk further. Add in a short bout of jogging or even running. Sprint if that's still available to you. Flow, bounce, rotate, jump. This is natural, intentional, barefoot and free. Feel this likely for the first time in a very long time.

Cold



3-5 minute cold shower or partial-body immersion. This is long enough to now start to transition your body into cold mode during these minutes. Activating "cold mode" is so important and a key to the rest of this program and your long term health.

-I know it's uncomfortable, think of it like vegetables as a kid, its just something you have to do!

Food



Your circadian anchor meal should be feeling more natural. You are finding your balance with protein and seasonal vegetables. You are avoiding carbs in the morning. You are decreasing your daily hunger and especially your craving for snacks.



No sugary drinks



Plain water only



Continue working toward just two meals per day—snacking should already be eliminated.

Circadian



Screens off or fully filtered by 7:30 PM

-We're going big here, I want you to take ownership of this in the same way you do with sunrise. I also want you to take notice that these are the first two things I want you committing fully to. There is a reason for that!