

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



You are now outside at sunrise, taking in as much light as your day allows. You feel its importance, you feel the difference all day long when you can take more time for this ritual.



Now, you are going to start to prioritize afternoon sun. We are going to start building that vitamin D trigger. We are going to build what is called the solar callus, meaning your ability to be outside without sunburn.

-Choose an activity you love to do or need to do outside. For many, this includes gardening, watering, exercising or just sitting on the couch outside. Purposely spend more time OUTSIDE. Aim for an hour, with 30 minutes being minimum. Remember that all seasons offer their benefit. Sunburn is not a concern in winter, but instead you are increasing your cold exposure.

-Over time, I want you to evaluate all of your daily activities and which of them can actually be performed outside. For many of us, we are able to spend multiple hours outside, we just do not allow ourselves to believe this.

Movement



I want you to continue to push your limits here. Do what feels funny, uncomfortable or even silly. If you feel like skipping down the road, absolutely do that. Make movement play again. Kids get this right, then as adults that part of us slowly gets killed. Revive it.

Cold



Continue working up to a full cold shower, you're going to be amazed how invigorating it feels. For this week, I want you to spend 10 minutes in a natural body of water. In summer, this is an easy and refreshing task. In winter, it's a challenge!

Food



Steady food rhythm should be in place by this point. You are eating breakfast, lots of protein. You are eating seasonal carbs (keeping them under around 50 grams during this initial 12 weeks). You are learning what grows in your area and when. You are not snacking, not consuming sugar and drinking nothing but water.



Keep working toward 2 meals per day. This takes time!

Circadian

💡 Home light environment should be absolutely on point by now.

-If you haven't changed out your lightbulbs to red and incandescent, aren't reading with only red lights, haven't changed your iPhone over to the red screen trick and aren't wearing pajamas and blue light blockers while watching a movie, what are you waiting for?! Lets do this, go all in!