



NUERA WEALTH CODE

Bio-Harmony OS 7-Day Challenge

Are you in Flow or in Friction?

Welcome to the Bio-Harmony Readiness Audit and 7-Day Protocol. Before we can optimize your wealth, we must optimize your biology. Discover your baseline score and execute the challenge to reclaim your metabolic energy.

[ACCESS THE NUERA STOREFRONT](https://whop.com/nuera-wealth-code/)
<https://whop.com/nuera-wealth-code/>

DAY 0: THE READINESS AUDIT

Complete this audit to discover your starting Bio-harmony Score. Be honest with your current state - this is the baseline we will optimize over the next 7 days.

SECTION 1: CIRCADIAN ALIGNMENT (THE LIGHT PILLAR)

1. When you wake up, do you feel alert within 30 minutes without caffeine?

- Yes [+10]
- No [0]

2. Do you get at least 5-10 minutes of direct sunlight before 10:00 AM?

- Every day [+10]
- Occasionally [+5]
- Rarely [0]

SECTION 2: METABOLIC ENERGY (THE FUEL PILLAR)

3. How is your energy 2 hours after your midday meal?

- Stable and focused [+10]
- I hit a "3 PM Slump" [0]
- I need sugar or caffeine to keep going [-5]

4. Do you experience "brain fog" more than twice a week?

- Rarely/Never [+10]
- Frequently [0]

SECTION 3: RECOVERY & AUTONOMIC BALANCE (THE REST PILLAR)

5. Do you stop using high-intensity blue light (screens/phones) 60 minutes before bed?

- Always [+10]
- Sometimes [+5]
- Never [0]

6. How would you describe your stress response during a busy workday?

- I stay calm and "proactive" [+10]
- I feel "wired but tired" [0]
- I feel constantly overwhelmed [-5]

Calculate Your Total Score: _____ / 60

AUDIT RESULTS & THE 7-DAY CHALLENGE

Match your total score below to determine your current state of biological friction, then proceed to the 7-Day Challenge to lock in your foundation.

SCORE 50-60: BIO-HARMONY MASTER

"You are in peak alignment! You're ready for the Advanced 12-Week Roadmap to maintain this edge and scale your financial output."

SCORE 30-49: EMERGING OPTIMIZER

"You have the foundation, but your 'Bio-Friction' is slowing you down. Use the 7-Day Challenge below and the Daily Bio-harmony Protocol to fix your afternoon slump and reclaim your focus."

SCORE BELOW 30: SYSTEM REDLINE

"Your system is under heavy stress. You need the full Bio-harmony OS starter guide to reset your metabolic health immediately before burnout affects your wealth creation."

THE 7-DAY BASELINE CHALLENGE

Regardless of your score, commit to these three daily non-negotiables for the next 7 days to prime your system for the full Bio-Harmony OS.

7-Day Execution Checklist

- Day 1: 10 minutes of direct morning sunlight + 60-min Digital Sunset tonight.
- Day 2: Zero sugar/caffeine after 2:00 PM to combat the afternoon slump.
- Day 3: Prioritize your Blood-Type specific protein for your midday meal.
- Day 4: Implement the 20-20-20 Ocular Reset rule during your workday.
- Day 5: Drink 500ml of mineralized water (Celtic sea salt) upon waking.
- Day 6: Complete one 30-minute Zone 2 (Nasal breathing only) movement session.
- Day 7: Re-take the Readiness Audit and log your new, optimized score.

**TAKE THE NEXT STEP IN YOUR JOURNEY:
NUERA BIO-HARMONY OS
MICRO-INVESTING FOR THE NEW ECONOMY**

VISIT THE NUERA WEALTH CODE SHOP
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