

Training

- 4 days a week of training (3 is the sweet spot)(high intensity WODs/strength)
- 2 days should be full rest (should move, walk a lot, etc)
- 1 day should be active recovery (can be yoga, mobility work, skill session, etc)

Sleep

- Sleep 8 hours a night or more.
- Sleep in a dark room with no electronics or artificial light.
- Wake when your body tells you to.
- Find your average to feel great. I have to sleep 7 hours at least and typically I sleep about 8 on average. If you can regularly sleep 10+ hours a night, it's likely that you are sleep deprived and need to get on a better schedule.

Lifestyle

- Walk everyday as much as possible
- Maintain social relationships
- Smile, laugh, play games, have fun as often as possible.
- Meditate as often as possible (5 minutes a day can be life changing)
- Be in the now, be present. Quiet your mind
- Slow down. Stop that rushed, nagging, worrying mindset
- Don't road rage. Be conscious of it and ignore it.
- Read a lot. Reading is training for your mind. Recommended subjects: Stoicism, philosophy, psychology, this site



Food

- 2-3 meals a day maxt
- Protein and fat as focus of meal (best quality possible, kerry gold butter, MCT and coconut oil, fatty wild caught fish, grass-fed animals)
- Yams, nuts/seeds, veggies, some fruit to fill out the rest
- Don't snack
- Skip breakfast when waking 2-6 hours after waking is ideal but you can slide this around to fit your lifestyle
- Aim for a 8 hour feeding window 16 hour fasting window every day/night
- Eat an unprocessed Paleo/Primal diet consisting of the best foods possible from the best sources