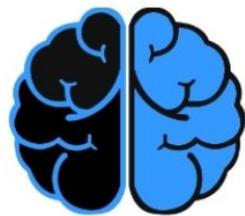


28-DAY
VIRTUOSITY
CHALLENGE



Two-Brain
Coaching

Introduction

You own a coaching business, not a gym.

The Covid crisis has proven it: your business is more about client relationships than space or equipment.

The gym shutdown didn't change the industry; the pandemic merely increased the speed of its natural evolution. We leaned on different technology; we learned new things; we compressed years of growth into months. Covid just brought the future to us faster than planned.

And the future of fitness coaching is more than just exercise.

Your clients might have more time to exercise now. But they also have more stress. They have more temptation. They have more time to ruminate, procrastinate and sit on the couch with Netflix.

People have more freedom now. They might even have more motivation to take care of themselves. But they also have less structure; less resilience; and less urgency to act.

Coaches are more important than ever. But fitness coaching now requires a more holistic approach: the best fitness coaches in the world must help their clients sleep better; plan better; eat better; AND exercise better.

The most valuable fitness coaches are no longer the ones who can program the most interesting workouts. The most valuable fitness coaches are now the coaches who can deliver a personalized experience. The question "What does this client need most right now?" has become the center of the coaching business. And even successful gyms have figured out how to scale their business around that question instead of the old question, "How can I get a few hundred people to work out together?"

We call coaching for "Sleep, Eat, Move and Manage" the SEMM model for coaching. Let's start there.

What is the SEMM approach?

The SEMM model allows coaches to personalize parts of a client's fitness prescription as required.

Here are the basic goals for most clients:

Sleep

Fulfill basic sleep quantity - Get 6-8 hours of sleep consistently

Consistent sleep/wake schedule - go to bed and wake up at same time

Full of energy upon waking - you don't feel like you need/want another hour of sleep

Room temperature less than or equal to 68 degrees Fahrenheit

Don't promote sleep disruption - No alcohol within 2 hours, and no caffeine within 6 hours, of going to bed

Wake up pain free

Eat

Eat minimally processed, "real" foods. Stick to healthy options such as vegetables, fruit, nuts and seeds, unprocessed whole grains, beans and legumes, dairy products with few ingredients, lean meats, fish, eggs, and natural nut butters. Focus on what works for your body to feel its best.

Eat every 3-4 hours

Drink water as your main fluid - limit alcohol, juice, and beverages with added sugar.

Eat breakfast within 60-90 minutes of waking up

Plan ahead for success. Set up your environment to make the healthy choice the easy choice

Don't eat your feelings. Learn positive coping strategies without turning to food for comfort.

Eat slowly and mindfully, sitting down at a table (whenever possible), and listen to your body's natural hunger and satiety cues. Eat until satisfied, not stuffed.

Move

Fulfill basic movement quantity - Get at least 60 minutes of movement throughout the day. This can be a combination of structured and unstructured movement.

Strength training at least two days a week

Aerobic exercise 2-3 times a week

High intensity exercise 1-2 times a week

No chronic pain in your hips, neck, back, knees, ankles, or shoulders

Implement good movement practices in everyday life - movement quality can be positively or negatively impactful to your enjoyment of life. Being proactive in your posture and position during everyday activities can make a tremendous difference in your body's response to challenges.

"Move" prescriptions can be delivered 1:1 or in a group; in a bricks-and-mortar gym or online; in a park or in a client's home.

Manage (Mindset and Planning)

Have clarity on your values and priorities

Actively manage your daily schedule - this is in opposition to having a day that is reactive in nature

Practice gratitude through bright spots recognition

Give your time in service of a cause that resonates with you - service leads to gratitude and that leads to JOY!

Daily habit of mindfulness - this can be meditation, deep prayer, or anything similar
Join a group - that has similar values and goals as you. This could be a gym with group classes, yoga studio, car club, etc but there must be social interaction encouraged.

By coaching in four areas (Sleep, Eat, Move and Manage) instead of just one, clients get better results from the coach; and the coach has the opportunity to customize a client's prescription while still training group classes. But only if the client prefers group classes.

Each client receiving a SEMM prescription will receive some coaching 1:1; many clients will do part of their "Move" prescription in a group.

For example, a client might receive a personalized sleep plan; a personalized nutrition plan; exercise in a group; and meditate in another group.

Or a client might participate in solo meditation online; receive nutrition coaching through a Zoom call; show up at the gym 2-3x per week for a personal training session; and track their sleep through an app. Any mix of these will work—it's up to the coach to prescribe the best solution for the client.

That means regular Goal Review sessions. Two-Brain Business [teaches Goal Review sessions](#) step by step in their RampUp and Growth programs, and we teach coaches to deliver Goal Reviews and make new Prescriptions at Two-Brain Coaching.

The Prescriptive Model

Two-Brain Business teaches gym owners to adopt a "Prescriptive Model" in their business. New clients undergo an interview and evaluation.

Then the coach makes a prescription for Sleeping, Eating, Moving and Managing. The first prescription usually lasts 3 months or so, depending on the gym.

At the end of the first term, the client meets with their coach again. They undergo a slightly different interview, and another evaluation.

Then the coach updates their prescription. This next prescription lasts 3-6 months, depending on the gym and the client.

This is repeated with each client in the program. The results? More than double the length of client retention. Less marketing required. Fitter athletes.

You can read more about the Prescriptive Model [here](#).

When new gyms begin their mentorship in Two-Brain Business, they typically aren't using the Prescriptive Model yet. They begin by adding Goal Review meetings with their current clients and No-Sweat Intros with their new clients. Often, gym owners and coaches quickly discover that their clients:

- a) want more help;
- b) are willing to pay for more help;
- c) won't reach their goals unless they receive more help than they're currently getting.

So the gym owner or coach adds a nutrition coaching service, for example, and helps clients by improving their fitness prescription.

But coaches can do far more, by incorporating Sleep, Eat, Move AND Manage elements in a client's prescription.

The Prescriptive Model and SEMM

It's your job to get your clients what they need to improve their fitness.

Start with a free consultation (we call it a No Sweat Intro) or a Goal Review. You'll use a motivational interviewing strategy to find out what the client is really trying to accomplish. Then, using your wisdom and experience, you'll determine the client's needs. These will include sleep, eat, move and manage needs.

Then you'll match your services to those needs.

Nutrition solves the "eat" problems.

Group and personal exercise coaching solve the "move" problem.

The "sleep" and "manage" problems are usually solved with online services.

You make the client a prescription like this:

"Your goal is to lose 15 lb."

"You said that your underlying problem is really that you have too much free time right now, and you said you procrastinate all day. Plus the cookie cupboard is between your office and your bedroom.

"Our best course of action is to start you moving and build some habits around nutrition before we make any specific plan. Do you agree?"

When the client agrees, you've identified their priorities.

So you build their plan to include those priorities, starting with the largest priority.

Then you tailor the plan based on the client's preferences.

If you have two in-person exercise options, ask "Would you prefer to do your physical training in a small group setting or one-on-one with me?"

If you have in-person and online exercise options, ask "Would you prefer to do all your exercises at the gym or would you rather have the flexibility to do some at home?"

Note the answers, then flip to your pricing binder and quote the rate.

Finally, book a follow-up appointment. You've already identified that needs will change over time. At your next meeting, you'll assess progress with motivational interviewing and make a new prescription.

Between your first prescription and your next meeting, clients can gauge their progress according to their adherence to your plan. Instead of measuring their weight or WOD scores, they can simply measure their completion of your SEMM programming each day. Especially in the early stages, it's most important to **focus on completion instead of comparison**.

We use a scale of Green, Yellow and Red to track completion.

Completion, Not Competition: Red, Yellow, Green Ratings

Delivering SEMM requires more client interaction and customization. But you can still deliver a general inclusive program. And the purpose of the 28-Day Virtuosity Challenge is to give your clients four tasks to complete each day instead of one.

Each of these tasks (one each for Sleep, Eat, Move and Manage) can be tracked with the sample SEMM Tracking Sheet (attached at the end of this document). Clients simply check off which SEMM areas they've completed each day.

Green = fully completed

Yellow = partially completed

Red = not attempted.

On the sample Programming sheet (attached), you'll see examples like this:

SEMM 070120

Sleep 7 hours (>7 6 <5)

Eat (Green Yellow Red)

Move: "Josh"

21-15-9 reps, with a 400m run following each, for time:

Thrusters (choose top weight for force production)

<10:00 <15:00 DNF

Manage

Five minutes of daily mindfulness meditation

>5:00 >5:00 DNF

What do the Green, Yellow and Red numbers mean? Well, a client's goal is to get "all green" in SEMM each day if possible.

Green is the goal.

Yellow is pretty good – still a win on the day.

Red is a missed opportunity to improve.

"Green" score denotes proximity to goal, not "forging elitence". Goals and programming should also be tailored by a client's coach.

In the above workout, "Green" for Sleep is >7 hours. 6 hours of sleep is Yellow. Less than 6 hours is Red.

Completing the “Josh” workout in under 10 minutes is Green. Completing the workout in under 15 minutes is Yellow. Failure to complete the workout is Red. My “Rx” weight in the workout should be prescribed by the coach based on maximal force production.

A “Green” in a given workout should reflect full effort by a client. So if a client’s personal best in “Josh” is 9:45, then anything under 10:00 is a Green. If they’ve never done it before, then completing “Josh” is a Green. If they’ve never done “Josh” unbroken before, then completing it unbroken is a Green. It’s up to the coach to know what success means.

As with the workout, my “Green” for nutrition will be different from your “Green”, depending on my goals. But in this challenge, we’re going to use very simple habits for a week at a time. Adjust upward or downward if a client falls outside the scope of the weekly goal. The sample Programming template includes four week-long goals for Nutrition.

Coaches learn how to make these prescriptions in the [Two-Brain Coaching First Degree](#), [Second Degree](#) and [Nutrition Coaching](#) courses (Mindfulness Coaching Course coming soon!)

Another example:

SEMM 070220

Sleep: >9 7-9 >7

Eat: Green Yellow Red

Move: Accumulate 35 minutes in Heart Rate Zone 2 (60-70% of max).

Warm up for 10 minutes in Heart Rate Zone 1.

Cool down for 5 minutes in Heart Rate Zone 1.

>35 minutes 15-35 minutes DNF

Manage: Manage: 5 minute daily mindfulness practice >5:00 <5:00 DNF

In this example, the client is prescribed extra sleep because it’s the end of a 3-day training cycle. They’re to follow their Nutrition goals and rate their adherence. The “Move” workout is up to the coach, and can be delivered 1:1 or in a group setting, but the client should be told the purpose of the workout and how it will benefit them. Finally, the daily mindfulness practice can be delivered in person OR online.

Notice that just showing up for the Move and Manage pieces is sufficient for Yellow. Red means they didn’t do it at all.

If the goal of Move is 35 minutes in Heart Rate Zone 2, the coach can program a workout from a huge variety of options.

They can take the client (or a group) out for a run.

They can wave intervals of high intensity with mandatory recovery periods dictated by heart rate.

They can have the client or group do burpees until the target heart rate zone is exceeded, and then rest.

They can prescribe 100 Thrusters with a mandatory stop every time HR22 is exceeded.

There are infinite options. And tomorrow's Move portion might be task-specific (ie "Do this for time".)

Scoring

A client judges their progress by scoring themselves at the end of the day. Print out the sample Tracking sheet included in this document and hand it to them. There is no software that currently replicates the feeling of completion a client receives from filling out this sheet. Have them post the sheet somewhere they'll see it often.

Four Greens: amazing forward progress. Their health is improving.

Three Greens, one Yellow: Really good.

Four Yellows: they're doing the work. Coach should focus on one area to target for Green.

Four Reds: client isn't improving. Focus on one area and eliminate the rest until solid habits are built.

Etc.

How to Program for SEMM

Start with the workouts. Not because they're the most important thing, but because you're already good at this. And programming workouts is fun.

Stick with broad, general programming across the 3 workout domains (ATP, glycolytic, oxidative—or strength, anaerobic and aerobic, if you prefer.)

Mix things up to be constantly varied, and intense with intent.

Write the intent of the workout and the instructions on your daily programming platform.

Write notes for coaches that only they will see.

Enter the nutrition portion as a weekly goal (you'll see in our sample programming.) List completion of the goal as Green; some completion as Yellow; and no completion as Red.

Nutritional goals, like workouts, should be tailored to each client. But this is a general, inclusive challenge, so the goals in the sample stick to the basics. If they're too simple or too hard for a particular client, modify accordingly. The goal is that clients will rank their day depending on their adherence to their particular plan instead of how well they conformed to a "diet".

Write the Sleep prescription based on future workouts. I included 070320 here because I wrote an extra hour of sleep before the 070420 workout, "Murph".

Add the “Manage” prescription to support the rest. If clients need to plan their day to find time to exercise, tailor the “Manage” portion accordingly. If they need an hour to go grocery shopping, program for that. If they have a “rest” day, give them a longer meditation or some Flow State time. Most of the “Manage” tasks in the sample programming revolve around Mindset, because post-Covid, that’s where most of my clients needed help managing themselves.

Wave intensity and volume in each area of SEMM if possible. This is more advanced, but if you have a big nutrition challenge in mind for the month (like maybe a 24-hour fast), program those in first. You don’t want to follow a 24-hour fast with a crazy long workout.

Examples:

Sleep – sometimes prescribe 10 hours per night; occasionally bring it down to 4-5 hours if appropriate (you’re the coach!)

Eat – introduce Intermittent fasting one day per month (whatever you can support with science), or build overfeeding days in as “cheat days” weekly.

Move – strength work, speed work, stamina work, programmed for novelty with recurring tests.

Manage – occasionally have a long meditation or mindfulness practice or prayer, like Naval Ravikant’s “60 minute meditation” challenge.

The purpose of SEMM programming is to increase a coach’s value through diversity. But more important, to most of us, is the ability to really change a client’s life.

Hard workouts are fun. And they’re effective. But stacked on top of poor nutrition, high stress and little sleep, the effect of exercise is blunted (and can even be counterproductive.) SEMM programming allows us to use a “whole life” approach.

Delivery

In-Person vs Group

Client retention and adherence is maximized through 1:1 interaction. However, clients can still do their workouts or challenges in a group setting, as long as the programming is customized. Every client should have an individual coaching prescription, even if they exercise in a group.

Group classes are sometimes even more effective than 1:1 coaching, because of the motivation and collaborative competition effect. However, selling a client access to classes won’t engage them long-term, and doesn’t address their unique needs. Our sister company, [Two-Brain Business](#), frequently shares data on the “commoditization” effect of selling the same thing as

everyone else. Clients who exercise in a group must STILL have an individual prescription, because they're not all the same.

Group coaches should determine what "Green" means for a specific client in each SEMM category, and share that goal with each client before the workout begins. For example, to finish the "Josh" workout in under 10:00, you might need to use a barbell with 135lbs; I might need to use a barbell with 65lbs.

Likewise, "Green" in the Manage category might be 30 minutes for me, and 5 minutes for you. The general SEMM programming is broad, general and inclusive, but like ANY programming, should be tailored for each client in a coaching business.

Every client should have an individual coaching prescription, even if they exercise in a group.

Groups can be effective for delivering Move coaching, but also for Eat and Manage coaching. You can run group nutrition challenges to spark interest before you offer ongoing nutrition coaching; you can offer group meditation classes. You can also do those things 1:1 in person or online. The key is the overarching prescription that precedes the sale and delivery of your service.

In-Person vs Online

Programming for SEMM makes coaching online easier. Since 3 of the 4 SEMM categories can be delivered online as easily as in-person, this daily delivery makes it easier to coach online. And with broad prescriptions in the Move category, online coaches can tailor the workouts to a client's equipment and space.

Delivering your coaching with the SEMM model is a new concept. The Virtuosity Challenge is for illustrative purposes to help coaches see what programming could mean for their clients.

The Virtuosity Plan

We all do best with a model to copy—at least until we're comfortable building our own. We post a daily Virtuosity Plan [here](#). Until you're comfortable programming SEMM for your individual and group clients, you can just try ours (or copy it!)

The Virtuosity Template

The first sample in this document is a 28-day Virtuosity Programming Template. You'll notice columns for Sleep, Eat, Move and Manage.

The Virtuosity template was programmed in the same sequence we shared above. Since SEMM is a very personalized approach, each client should receive a customized prescription during

this challenge. That does not mean that every client needs a fully personalized plan, written from scratch.

“Customization” means taking something general and altering it slightly for a specific case. You don’t have to create a separate workout for each member; you just have to show each client the same workout through a different lens—a lens that helps him or her see the workout as another step toward a personal goal.

[Read more about Customizing vs Personalizing](#) here, including a sample demo “Customization” video text.

The Virtuosity Challenge

SEMM programming is common to online coaching, but it might be new to owners of bricks-and-mortar gyms or in-person personal trainers. However, since SEMM can be delivered largely online most of the time, the plan makes it easy to move clients fully online when necessary. SEMM programming also adds value and context for the client.

The purpose of the Virtuosity Plan on our blog is to give coaches a model to follow. It’s an illustration of how the pieces work together.

The purpose of the 28-Day Virtuosity Challenge is twofold:

1. To give you, the coach, some practice in putting SEMM together for your clients;
2. To give your clients some exposure to whole-life improvement through habits coaching.

If your gym is closed during this challenge, the purpose is to make you some extra revenue and keep your clients engaged until you can reopen.

Selling the Challenge

You can include this 28-day challenge for your current members as a retention tool (or as a programming experiment). But if you do, you must be careful to reinforce its value.

For example: “Friends, I’m about to announce our amazing 28-Day Virtuosity Challenge! The challenge will help you build strong habits and improve your whole life. It’s simple, but profoundly effective.

During the course of this challenge, we’ll build more solid nutrition habits; teach you mindfulness and build a daily meditation habit; keep you engaged and challenged on your workouts; and even improve your sleep. We’ll undo the negative effects of Covid on your lifestyle!

This challenge will cost \$299 for most people, but as a member of our gym family, you’ll get it for the price of your regular membership. Your health is the most important thing to me right now.

If you have friends who really need help finding focus and clarity in their health right now, share this with them. Let's beat the long-term effects of this pandemic together!"

Then set up the 28-Day Virtuosity Challenge in your booking and billing software, and market it according to the directions below.

Marketing the Challenge

To your existing clients: see above. The most important part here is to establish the value of a Virtuosity Plan to be higher than what they're currently paying. The purpose of the Virtuosity Plan is not to have you do more work for the same money; it's to increase your value.

Send the above email to each of your clients.

To your former clients, or clients on hold:

Use this email template to restart your conversation with them.

Email subject line: Big Idea!

Email body: "Are you still interested in improving your health and fitness in 2020? I have a huge idea. Let me know if you're interested!"

When they respond, share the details of the 28-Day Challenge. Include a registration and payment link.

To your email list and personal Facebook profile:

For people who are paying attention to you (but not paying you money yet), use a call to action like this:

"I'm looking for 5 people in [your city] who want to fix the bad habits they've developed during Covid! I'm going to coach you on Sleep, Nutrition, Exercise and Mindfulness for 28 days. You're going to GET YOUR HEALTH BACK!" PM me for details.

PM everyone who hits 'like' or comments on your post on Facebook. And this should go to your general email list, too—not your current or former clients.

When people respond, send them the details and a payment link.

The Long Tail

The purpose of the SEMM model is to make coaches and gyms more resilient to shutdown.

During the Covid pandemic, [Two-Brain Business](#) successfully pivoted over 1,000 gyms to an online model. While our gyms and coaches did take a revenue hit at the lowest point, they balanced this loss with cutting expenses and virtually all made it through.

When they reopened their gyms, most immediately rebounded to better than they were before. They ran leaner; they sold higher-value service; and they did it in less time than before. But still—around the world, many gyms were forced to close during Covid. As I write this in late July 2020, some gyms are still shut down.

My mission is to make gym owners successful. I work with over 800 microgym owners around the world. And I'm really proud to say that, while most of the big chains went to \$0 revenue (and most filed for bankruptcy) during the Covid pandemic, microgyms remained strong. They survived. They emerged to find new clients waiting. They evolved.

Now it's time to grow on the new platform, become even more resistant to future crises, and improve our value to our clients. The sole purpose of the Virtuosity Plan is to make gyms more resilient and profitable. And the purpose of this Virtuosity Challenge is just to give you a chance to try this new model.

Becoming A Certified Two-Brain Coach

Click here: <https://twobraincoaching.com/product/two-brain-coaching-first-degree/>

Day	Sleep	Eat	Move	Manage
1	8-9 Hours 8 Hours. Hours	6- <6 Hours Week 1: Vegetables Aim for 50% of your plate at lunch and dinner to be vegetables. Veggies at both meals. Veggies at one meal. No veggies	30-20-10 OH Squats Knees to Elbow Push-ups.	Take a 60-90 second pause for clarity with your morning coffee/breakfast. Completion Partial Completion DNF
2	8-9 Hours 8 Hours. Hours	6- <6 Hours Week 1: Vegetables Aim for 50% of your plate at lunch and dinner to be vegetables. Veggies at both meals. Veggies at one meal. No veggies	3 Rounds for time: Run 200m 12 KB Swings 12 squats	Take a 60-90 second pause with coffee AND brushing your teeth. Completion Partial Completion DNF
3	8-9 Hours 8 Hours. Hours	6- <6 Hours Week 1: Vegetables Aim for 50% of your plate at lunch and dinner to be vegetables. Veggies at both meals. Veggies at one meal. No veggies	10 min. AMRAP 5 push press 10 ring rows 20 double unders	After your morning clarity break, write down one positive thing you have the power to do today to feel proud of yourself/improve your health/make your family happier. Completion Partial Completion DNF
4	8-9 Hours 8 Hours. Hours	6- <6 Hours Week 1: Vegetables Aim for 50% of your plate at lunch and dinner to be vegetables. Veggies at both meals. Veggies at one meal. No veggies	Run Intervals: Run 400m x 6-8 sets, rest:work 2:1 *stop when your intervals differ by > 3s	Same as 3, but this time 2 things. You're making promises to yourself here. Completion Partial Completion DNF
5	8-9 Hours 8 Hours. Hours	6- <6 Hours Week 1: Vegetables Aim for 50% of your plate at lunch and dinner to be vegetables. Veggies at both meals. Veggies at one meal. No veggies	20 min. AMRAP Run 400m 7 Deadlifts 14 KB Swings	Same as 4, now with three things. Completion Partial Completion DNF
6	8-9 Hours 8 Hours. Hours	6- <6 Hours Week 1: Vegetables Aim for 50% of your plate at lunch and dinner to be vegetables. Veggies at both meals. Veggies at one meal. No veggies	"Tabata This" Squats Dips Situps Pull-Ups	Morning Clarity minute → One person you're thankful for → Daily Intentions. Completion Partial Completion DNF
7	8-9 Hours 8 Hours. Hours	6- <6 Hours Week 1: Vegetables Aim for 50% of your plate at lunch and dinner to be vegetables. Veggies at both meals. Veggies at one meal. No veggies	Run 3min for distance -rest 5min- Run same distance in less time -rest 5min- Repeat 3x	Morning Clarity minute → One person you're thankful for AND one event/opportunity you're thankful for → Daily Intentions. Completion Partial Completion DNF
8	8-9 Hours 8 Hours. Hours	6- <6 Hours Aim for source of protein at breakfast, lunch, and dinner. Protein at 3 Meals. Protein at 2 meals. Protein at 0 meals	5 rounds – 3 box jumps 5 clean & jerks 3 box jumps 5 snatches	Morning Clarity minute → One person you're thankful for AND one event/opportunity you're thankful for → Daily Intentions. Completion Partial Completion DNF
9	8-9 Hours 8 Hours. Hours	6- <6 Hours Aim for source of protein at breakfast, lunch, and dinner. Protein at 3 Meals. Protein at 2 meals. Protein at 0 meals	10 min. AMRAP 5 Power Cleans 10 Wall Balls 15 KB Swings	Evening clarity minute + 3 positive things that happened today. Completion Partial Completion DNF
10	8-9 Hours 8 Hours. Hours	6- <6 Hours Aim for source of protein at breakfast, lunch, and dinner. Protein at 3 Meals. Protein at 2 meals. Protein at 0 meals	4 rounds: Run 400m Max reps on thrusters	Evening clarity minute + 3 positive things that happened today + 1 thing to let go/forgive for. Completion Partial Completion DNF
11	8-9 Hours 8 Hours. Hours	6- <6 Hours Aim for source of protein at breakfast, lunch, and dinner. Protein at 3 Meals. Protein at 2 meals. Protein at 0 meals	3 rounds – 10 bar hop burpees 10 deadlifts	Daily routine plus check in on one person (everything after this includes the daily routine). Completion Partial Completion DNF
12	8-9 Hours 8 Hours. Hours	6- <6 Hours Aim for source of protein at breakfast, lunch, and dinner. Protein at 3 Meals. Protein at 2 meals. Protein at 0 meals	Go for a 30-min bike ride	Do something nice for one person. Completion Partial Completion DNF
13	8-9 Hours 8 Hours. Hours	6- <6 Hours Aim for source of protein at breakfast, lunch, and dinner. Protein at 3 Meals. Protein at 2 meals. Protein at 0 meals	12 min. AMRAP 15 OH squats 12 KB swings 9 pull ups	Meditate for ten minutes. Video: https://youtu.be/5vi8Kh3-epg Completion Partial Completion DNF

14	8-9 Hours 8 Hours. Hours	6- <6 Hours	Aim for source of protein at breakfast, lunch, and dinner. Protein at 3 Meals. Protein at 2 meals. Protein at 0 meals	Prepare your body for meditation. This was yoga's original purpose. Full instructions here. 9 Poses 3-9 Poses No Poses Source: JasonYoga.com	“Naval” Meditate for 60 minutes. Tips from Naval Ravikant: Meditation is the art of doing nothing. Think of it as the Intermittent Fasting for the mind. All you need is a noise-free environment and comfortable seating. You probably don't need an app or guidance (but if you do, follow the guided meditation below.) Close your eyes. Do nothing. Let the thoughts flow. Do it for 60 minutes. Meditation is listening to yourself. It were easy, you'd do nothing else. 60 Minutes 30 minutes 0 Minutes
15	8-9 Hours 8 Hours. Hours	6- <6 Hours	Increase your water intake, and cut back on (or cut out) soda, juice, and alcohol for 7 days. 8 Cups of water, no sugary drinks, no alcohol. 2 out of 3. 0 out of 3.	18min AMRAP - 60 burpees 50 pull-ups 40 back squats 30 alternating front rack lunges	Ask a stranger how they're doing. Completion Partial Completion DNF
16	8-9 Hours 8 Hours. Hours	6- <6 Hours	Increase your water intake, and cut back on (or cut out) soda, juice, and alcohol for 7 days. 8 Cups of water, no sugary drinks, no alcohol. 2 out of 3. 0 out of 3.	Put on your headphones, run for 2 songs, walk for 1 Repeat until you reach 5 mile mark	Clean one item away. Completion Partial Completion DNF
17	8-9 Hours 8 Hours. Hours	6- <6 Hours	Increase your water intake, and cut back on (or cut out) soda, juice, and alcohol for 7 days. 8 Cups of water, no sugary drinks, no alcohol. 2 out of 3. 0 out of 3.	For Time – 100 Double Unders 75 Sit Ups 50 Ground To Overhead (115/75) 25 Cal Row 10 HSPU	Do something nice for one person. Completion Partial Completion DNF
18	8-9 Hours 8 Hours. Hours	6- <6 Hours	Increase your water intake, and cut back on (or cut out) soda, juice, and alcohol for 7 days. 8 Cups of water, no sugary drinks, no alcohol. 2 out of 3. 0 out of 3.	27-21-15-9-6-3 Snatch (95/65) Burpee over the bar	Clean one room (or even one closet!) Completion Partial Completion DNF
19	8-9 Hours 8 Hours. Hours	6- <6 Hours	Increase your water intake, and cut back on (or cut out) soda, juice, and alcohol for 7 days. 8 Cups of water, no sugary drinks, no alcohol. 2 out of 3. 0 out of 3.	12-9-6 Bar Muscle Up Thruster (135/95)	Rearrange the apps on your phone. Completion Partial Completion DNF
20	8-9 Hours 8 Hours. Hours	6- <6 Hours	Increase your water intake, and cut back on (or cut out) soda, juice, and alcohol for 7 days. 8 Cups of water, no sugary drinks, no alcohol. 2 out of 3. 0 out of 3.	“Angie” For Time: 100 Pull-Ups 100 Push-Ups 100 Sit-Ups 100 Squats	Set timers on your Twitter/Facebook/Instagram accounts. Completion Partial Completion DNF
21	8-9 Hours 8 Hours. Hours	6- <6 Hours	Increase your water intake, and cut back on (or cut out) soda, juice, and alcohol for 7 days. 8 Cups of water, no sugary drinks, no alcohol. 2 out of 3. 0 out of 3.	Go for a 60-minute bike ride	Spend one hour in nature. . Completion Partial Completion DNF

22	8-9 Hours 8 Hours. Hours	6- <6	Make 1 meal/day a less processed, more wholefoods option. Plan ahead or batch cook to help make healthy meals easy to grab and accessible. Had one whole-foods meal and didn't eat out at all. Had one whole-foods meal OR didn't eat out at all. No whole-foods meal and ate out today.	21-15-9 Deadlifts (225/155) Handstand Pushups	Do something nice for one person. Completion Partial Completion DNF
23	8-9 Hours 8 Hours. Hours	6- <6	Make 1 meal/day a less processed, more wholefoods option. Plan ahead or batch cook to help make healthy meals easy to grab and accessible. Had one whole-foods meal and didn't eat out at all. Had one whole-foods meal OR didn't eat out at all. No whole-foods meal and ate out today.	5 rounds – 20 situps Run 200m 15 dips Run 200m 10 pull ups	Meditate for 5 minutes. https://www.facebook.com/watch/?v=283661092685519 Source: TheMentalHealthPlan.com Completion Partial Completion DNF
24	8-9 Hours 8 Hours. Hours	6- <6	Make 1 meal/day a less processed, more wholefoods option. Plan ahead or batch cook to help make healthy meals easy to grab and accessible. Had one whole-foods meal and didn't eat out at all. Had one whole-foods meal OR didn't eat out at all. No whole-foods meal and ate out today.	5 rounds – Run 200m 10 push press 10 wall balls	Meditate for 10 minutes. https://youtu.be/ZToicYcHI0U Source: Calm Completion Partial Completion DNF
25	8-9 Hours 8 Hours. Hours	6- <6	Make 1 meal/day a less processed, more wholefoods option. Plan ahead or batch cook to help make healthy meals easy to grab and accessible. Had one whole-foods meal and didn't eat out at all. Had one whole-foods meal OR didn't eat out at all. No whole-foods meal and ate out today.	Go for a 60-min hike or walk	Spend 60 minutes in Flow State. Achieve Flow State through ritual, manual labor, or familiar movement. Download a free Flow State Guide by clicking the TwoBrain link below. Source: TwoBrain.com Completion Partial Completion DNF
26	8-9 Hours 8 Hours. Hours	6- <6	Make 1 meal/day a less processed, more wholefoods option. Plan ahead or batch cook to help make healthy meals easy to grab and accessible. Had one whole-foods meal and didn't eat out at all. Had one whole-foods meal OR didn't eat out at all. No whole-foods meal and ate out today.	15 Min Amrap 15 OHS 95/65 15 GHD SU 15 Back Extensions	"Five finger" breathing. Step 1: Place the index finger of one hand on the outside of the pinky finger on your other hand. As you breathe in, trace up to the tip of your pinky, and as you breathe out, trace down the inside of your pinky. Step 2: On your next inhale, trace up the outside of your ring finger, and on the exhale, trace down the inside of your ring finger. Step 3: Inhale and trace up the outside of your middle finger; exhale and trace down the inside of your middle finger. Step 4: Continue finger by finger until you've traced your entire hand. Step 5: Reverse the process and trace from your thumb back to your pinky. Source: Ted.com <5 mins >5 mins DNF

27	8-9 Hours 8 Hours Hours	6- <6 Hours	Make 1 meal/day a less processed, more wholefoods option. Plan ahead or batch cook to help make healthy meals easy to grab and accessible. Had one whole-foods meal and didn't eat out at all. Had one whole-foods meal OR didn't eat out at all. No whole-foods meal and ate out today.	100 Double Unders for time (attempts will be the scale option) -rest 2min- 12-6-3 Dumbbell Strict Press (45/25) Sit-Ups	Meditate for ten minutes. https://youtu.be/5v18Kh3-epg 10 Minutes >5 minutes 0 Minutes
28	8-9 Hours 8 Hours Hours	6- <6 Hours	Make 1 meal/day a less processed, more wholefoods option. Plan ahead or batch cook to help make healthy meals easy to grab and accessible. Had one whole-foods meal and didn't eat out at all. Had one whole-foods meal OR didn't eat out at all. No whole-foods meal and ate out today.	21-15-9 Row f/ cal Front Squat (95/65)	Write a letter to your present self. Completion Partial Completion DNF

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