

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical Fitness							
Stretching/calisthenics							
DDP Yoga workout							
Resistance/weights = 300 reps p/day							
Cardio (rowing machine/elliptical) – 15m min							
Pups							
Group training time – 10-15 minutes							
Individual training + “conversation” time–5minutes ea							
Nutrition							
Four good “meals” minimum							
No added/processed sugar, of ANY kind							
No processed foods, of ANY kind							
No alcohol							
Six tall glasses of water (minimum)							
Supplements (LF + JP, etc.)							
Spiritual practice							
10-15 minute morning meditation							
Gratitude journal							
5 minute breathing/presence exercise							
No news							
No daytime TV							
Other Business / advancement							
One TikTok post, per day							
Podcasts (3 X weekly)							
YouTube shorts post (3X weekly)							
Personal / Service							
Spanish practice – 15m min per day							
One-to-one outreach (via phone)							
“Tough Guys” support group							