

PIN TO YOUR FRIDGE · CHECK IN DAILY · LET RHYTHM GUIDE YOU

Daily Rhythm Checklist

- Morning Anchor**
Core Presence Protocol 4 min or Extended Practice 15 min
- Movement**
Walk 4 km · Weights ×2/week · Yoga/Mobility ×2/week
- Nutrition**
½ plate veg & fruit · 1.5g protein per kg · 30g fibre · healthy fats
- Hydration**
35–40 mL water × kg body weight · Add electrolytes after sweat
- Joy Food**
One small portion you truly love (≤10% daily intake)
- Mindful Rhythm**
Hara Hachi Bu — pause around 80% fullness
- Hypnosis**
Light Track (6 min) · Deep: Living Presence (27 min)
- Evening Wind-Down**
Herbal tea · Magnesium · Three slow breaths

"Return to the process. Presence continues."
Say it once. Breathe. Begin again.

WEEKLY MOVEMENT SNAPSHOT

Movement Grid

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Walk 4+ km	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weights/Strength	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga/Mobility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recovery/Stillness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>