

Body

- Read the [Bodyweight Workout](#) module
 - Begin the bodyweight workout (Monday/Wednesday/Friday)
- Walk 30 minutes (Tuesday/Thursday)
- Read the [Diet](#) module
 - Clean out pantry/refrigerator
 - Print out the [paleo shopping list](#) and restock pantry/refrigerator with quality foods and ingredients

Style

- Read the [Style Basics](#) module
 - Clean out closet
 - Try on remaining clothes, making note of fit
 - Find a tailor and start getting existing clothing tailored to fit better

Attitude

- Read the Posture section of the [Attitude Basics](#) module
 - Download the [Body Language Checklist](#), read it, and make corrections every time you step out the door
- Read the Cooper's Colors section of the [Situational Awareness](#) module
 - Condition yellow or higher at all times; when you catch yourself not paying attention, scan the room, find the exits, see what's going on around you

Skills

- Read the [Close Quarters Combat](#) module
 - Research MMA gyms in your area and visit the top two or three
 - Book an introductory session with your favorite gym and begin training MMA two days per week

Lifestyle

- Read Experience, Not Stuff in the [Lifestyle Basics](#) Module
 - Living like a Gentleman Spy isn't about just having the coolest toys
 - Throughout your training, you will have opportunities to do many new things. Focus on the process and the experience, not just the outcome.