

Body

- Bodyweight or strength workouts (Monday/Wednesday/Friday)
- Run (POSE practice + at least one run workout per week)
- Swim (Total Immersion practice + at least one swim workout per week)
- Paleo Diet

Style

- Read the Jacket sections of the [Style Basics](#) and [Casual Clothing](#) modules
 - Purchase a navy blazer or other odd jacket
- Weekly grooming: clip nails, trim body hair, and any other upkeep necessary

Attitude

- Read Elicitation in the [Social Engineering](#) module
 - Get people to divulge information or do things they normally wouldn't like give discounts, give free stuff, do favors, or divulge information.
 - Don't be a con-man; do be able to maximize on social encounters

Skills

- MMA training two days per week
- Combatives training one day per week
- Language Training 30-60 minutes per day
- Poker night or 30-60 minutes of dedicated practice daily
- Pick an adventure sport that interests you and schedule a class or training this weekend. Scuba diving, skiing, skydiving, climbing, etc.
 - Many certification programs are held over various weekends, so use this weekend and next to start training or get certified.

Lifestyle

- Read the [Travel](#) module
 - [Get \(or renew\) your passport](#); if you already have your passport, [enroll in Global Entry](#) or your country's trusted traveler program
 - [Travel toiletry kit](#): make sure it is always stocked and ready to go
 - If you do not already have appropriate luggage, get that this week
- Visit at least one new cultural attraction this week
- Visit at least one new restaurant per week