

## 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 Suits](#) module
  - Begin shopping for, or purchase, the perfect navy or charcoal suit
  - Try on as many brands and cuts as you can to see what fits, looks, and feels best; don't get fixated on brands
- Haircut
- Weekly grooming: clip nails, trim body hair, and any other upkeep necessary

## Attitude

- Read The Power of Touch in the [Seduction](#) module
- Continue pushing your limits in social settings
  - Continue focusing your efforts on rapid rapport building and elicitation
  - If there is anything you are still uncomfortable with in a social setting, focus your efforts on breaking through that plateau

## 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
- Adventure Sports: continue the adventure sports training you began last week; if you haven't begun yet, either get started or use this week to play catch-up

## Lifestyle

- Read the [Get Home](#) module in the [Ready For Anything](#) bonus
  - Get your EDC needs squared away and begin prepping a go-bag
  - Prepare in advance for situations, rather than reacting to them
- Visit at least one new cultural attraction this week
- Visit at least one new restaurant per week