

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

- If you have not purchased your suit already, do that this week
 - By this point you should have a complete wardrobe; if there is anything you haven't purchased yet, get that done this week
- Weekly grooming: should be second nature by this point, just keep up with it

Attitude

- Read The Test in the [Seduction](#) module
- If you have not already been going out on dates, schedule one this week
 - This is not just for the single men in the dating scene; married couples are often the worst at treating each other properly. Go out. Have fun. Together.
- If there is anything you are still uncomfortable with in a social setting, focus your efforts on breaking through that plateau

Skills

- You should have enough experience at this point in MMA, combatives, language learning, poker, firearms, etc. that you can start prioritizing your training. Every skill requires upkeep. Each month, evaluate where you stand with each skill and tailor the next month's training to correct any deficiencies.
- With what you have learned about yourself throughout this program, you have a better idea of what makes you tick and gets you excited. Follow that passion!

Lifestyle

- Read the [Shelter at Home](#) module in the [Ready For Anything](#) bonus
 - Get at least three days worth of food and water stored at home
 - Work towards a more solid preparedness plan; make a list and start stocking up
- Visit at least one new cultural attraction this week
- Visit at least one new restaurant per week