

Body

- Bodyweight workout (Monday/Wednesday/Friday)
- Read the [Running](#) module
 - Pose Method - [buy the book](#), [check out the video tutorials](#), or both
 - Find a track or mark off your street in regular increments
 - Run Tuesday/Thursday
- Paleo Diet

Style

- Read the Haircut section of the [Grooming](#) module
 - Find the best rated men's barber shop near you and get a haircut
- Read the Polo Shirt section of the [Casual Clothing](#) module
 - Purchase at least one perfect polo shirt

Attitude

- Read the Eye Contact section of the [Attitude Basics](#) module
- Read the Baseline section of the [Situational Awareness](#) module
- Begin talking to 3 new people every day
 - focus points: posture, eye contact

Skills

- MMA training two days per week
- Read the [Language Learning](#) module
 - Pick a target language, download [Duolingo](#) and [Memrise](#), purchase study materials ([Pimsleur](#), [Lonely Planet phrasebooks](#), [Fluent in 3 Months](#), etc.), and begin studying 30-60 minutes per day

Lifestyle

- Read Invest in Quality in the [Lifestyle Basics](#) section
 - Throughout your transformation, you will have to purchase new stuff. From clothing to tools to training, invest in the best quality you can afford.
 - Some may value an expensive suit more than an expensive car. Some may value expensive hobbies more than expensive clothing. Invest in what you love, and be ruthlessly frugal towards what you don't.