

### Body

- Bodyweight Workout (Monday/Wednesday/Friday)
- Run (Tuesday/Thursday)
  - One longer run; one shorter run focused on speed work
  - Pose Method drills before each run
- Paleo Diet

### Style

- Read the [Wet Shave Primer](#)
  - If you don't already, get in the habit of shaving every morning
- Read the Jeans section of the [Style Basics](#) and [Casual Clothing](#) modules
  - Purchase at least one perfect pair of dark blue jeans

### Attitude

- Read the Handshake section of the [Attitude Basics](#) module
- Read the Approach section of the [Social Engineering](#) module
- Continue talking to 3 new people every day
  - focus points: posture, eye contact, handshake

### Skills

- MMA training two days per week
- Language Training 30-60 minutes per day
- Read the Combatives section of the [Close Quarters Combat](#) module
  - Find a combatives instructor and begin attending one day per week
  - Filipino Martial Arts (Kali), Russian Martial Arts (Systema/С и с т е м а), Krav Maga (only if you can not participate in FMA or С и с т е м а)

### Lifestyle

- Read Culture Starts at Home in the [Culture, Food, and Drink](#) module.
  - [Make a list of the top 20 cultural attractions](#) in your area
  - Visit at least one attraction per week