

## Body

- Bodyweight Workout (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
- If you are close to maxing out the bodyweight workout, check out the [advanced bodyweight](#) and/or [barbell](#) modules. DO NOT deviate from the bodyweight workout until you complete all five rounds of 10 pullups, 20 pushups, 30 squats

## Style

- Haircut
  - you need a cut or trim every two to four weeks; schedule these in advance
- Read the Nails section of the [Grooming](#) module
  - Trim finger and toe nails

## Attitude

- Read KIMs Game in the [Situational Awareness](#) module
  - Find a friend to start practicing KIM's game
- Read the Rapport Building section of the [Social Engineering](#) module
  - Continue to talk to three new people every day, integrating everything you've learned thus far

## Skills

- MMA training two days per week
- Combatives training one day per week
- Language Training 30-60 minutes per day
- Read the introduction and Pistol section of the [Guns and Shooting](#) module.
  - [Find an NRA certified instructor and take a Basic Pistol Shooting course](#)

## Lifestyle

- Read [The Uniform](#) module
  - Put together three different "daily uniforms"
  - Make sure you are always dressed well
- Visit at least one new cultural attraction this week
- Visit at least one new restaurant per week