

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

Style

- Read the Watch section of [Accessories](#)
 - Upgrade your wristwatch. No G-shocks or Apple Watches; opt for a clean face with metal case (stainless steel, gold, titanium, etc.) and band
- Weekly Grooming: clip nails, trim body hair, any other upkeep necessary

Attitude

- Read the HUMINT section of the [Social Engineering](#) module
 - Notice who notices you
 - Work on your cold reading skills; try to figure out what a person's story is before you approach them

Skills

- MMA training two days per week
- Combatives training one day per week
- Language Training 30-60 minutes per day
- Read the Concealed Carry section of the [Guns and Shooting](#) module.
 - [Schedule your concealed carry class](#) this week to obtain your concealed weapons license.

Lifestyle

- Read the [Information](#) module
 - Spend 15-30 minutes every morning brushing up on world events
- Visit at least one new cultural attraction this week
- Visit at least one new restaurant per week