

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

- Read the Dress Shoes section of [The Suits](#) module.
 - Purchase one pair of black, balmoral oxfords and a matching belt. If you already have black, you can start branching out into other styles
- Weekly grooming: clip nails, trim body hair, and any other upkeep necessary

Attitude

- Read Intelligence Gathering in the [Social Engineering](#) module
- Practice the law of the 4 S's - Don't go stupid places, with stupid people, at stupid times, to do stupid things.

Skills

- MMA training two days per week
- Combatives training one day per week
- Language Training 30-60 minutes per day
- Read the [Poker and Gambling](#) module
 - Gather any training materials you want and start playing a Texas Hold 'Em simulator until you have a feel for the game and can unconsciously decide what starting hands to play

Lifestyle

- Read the [Home](#) module
 - Assuming your home needs a deep clean, do that this week
 - Throw out anything you no longer need or have a use for (no hoarding)
 - List any changes or upgrades you would like to make at home; Begin checking items off
- Visit at least one new cultural attraction this week
- Visit at least one new restaurant per week