

## 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 Shirt section of the [Style Basics](#) and [The Suits](#) modules.
  - Purchase one or more dress shirts. If they are not custom made, get them tailored to fit perfectly.
- Get a haircut
- Weekly grooming: clip nails, trim body hair, and any other upkeep necessary

## Attitude

- Read Express Your Sexual Interest in the [Seduction](#) module
- Continue to expand your horizons in social settings
  - Open conversations with people outside your social circle
  - Get used to dealing with people you normally wouldn't and learn to blend into any social situation.

## Skills

- MMA training two days per week
- Combatives training one day per week
- Language Training 30-60 minutes per day
- Poker night: with friends, at a casino, or 30-60 minutes of dedicated practice daily
- Read the Rifles/Carbines/SMGs section of the [Guns and Shooting](#) module
  - [NRA Basic Rifle Shooting course focusing on the AR or AK pattern rifles](#)

## Lifestyle

- Read the [Vehicle](#) module
  - Print out and go through the [Vehicle Maintenance Checklist](#)
  - If you do not already have a [vehicle emergency kit](#), begin building that this week with the basics: [jumper cables](#), flat tire kit, [warning triangles](#) or [lights](#), and a [first aid kit](#).
- Visit at least one new cultural attraction this week
- Visit at least one new restaurant per week