

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 Pants and Chinos section of the [Style Basics](#) module
 - Purchase one or more pairs of slacks, chinos, or both.
- Weekly grooming: clip nails, trim body hair, and any other upkeep necessary

Attitude

- Read War Gaming in the [Situational Awareness](#) module
 - Monitor the baseline wherever you go
 - Play KIMs games as often as you can
 - Begin war-gaming; always ask yourself what could happen and run through possible reactions to scenarios
- Continue pushing your limits in social settings
 - Focus on your weak points
 - Beautiful women, powerful people, or anybody else you have trouble talking to, make it a point to overcome those fears

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
- Catch up week. If there is anything you are behind on, use this week to catch up or complete any training you're behind on

Lifestyle

- Read the [Money](#) module
 - Carry cash; at least \$100, more if you can afford it
 - If your finances are not in order and automated, get them fixed ASAP
- Visit at least one new cultural attraction this week
- Visit at least one new restaurant per week