

BE THIS GUY

Morning: Big glass of water first thing!!!

175 lbs.

Exercising daily: strength, core, cardio -- 300 cal/30 mins minimum

Work:

15-30 minutes daily managing work, reporting upward.

Work 35-40 hours a week, taking meaningful breaks for lunch.

Spend 30 minutes a week reflecting on what was productive and meaningful.

Food:

Meal planning in the morning and stick to it

Make what you eat, eat what you make

(eat out with intention!)

Sleep:

Eight hours a night

Operation Don't Get Up in FULL EFFECT

Drinking:

Nope.

Hobbies:

50/50 candy and vegetable hobbies (by hour or by evening)