

FIT TO TRAVEL

100-DAY COMPANION

Your printable field system for
strength, energy, and momentum
wherever the road takes you.

WORKOUTS | TRIP PLANS | LOGS
SCORECARDS | 10-DAY CHECKPOINTS



JEFF EMBLEN

BONUS MATERIAL FOR FIT TO TRAVEL R4

Start Here

Do not admire the plan. Put it where tomorrow can find it.

This companion exists for one reason: to turn the ideas in Fit to Travel into visible action. Print the pages you will use, or save the full PDF to an offline folder on the device that actually travels with you. Your goal is not a perfect 100 days. Your goal is a system that survives airports, late meetings, unfamiliar rooms, and imperfect sleep.

THE 100-DAY RULE

Never restart the calendar because life interrupted it. Record the miss, repair the friction, and return with the next useful action. A dramatic restart feels powerful. A quiet return builds identity.

HOW TO USE THIS PACK

- ☐ Complete Day Zero, sign the contract, and choose Day 1 within the next 48 hours.
- ☐ Save the dose cards and current workout pages offline. Print the trip plan, log, scorecard, and current 10-day checkpoint.
- ☐ Choose tomorrow's dose tonight: 30, 15, 8, 7, or 2 minutes. The minimum is a floor, not a hiding place.
- ☐ Use the scorecard daily. Every ten days, keep one behavior that worked and repair one source of friction.
- ☐ At Day 100, audit the system and schedule the next cycle before momentum cools.

SAFETY

This material is educational and is not medical advice. Get qualified guidance when needed. Stop if you feel sharp pain, chest pain, faintness, or unusual shortness of breath. Use a suspension trainer only with the manufacturer's approved anchor method on a structure you have verified; test the setup before loading full body weight.

Day Zero: Decide and Depart

THE TEN-MINUTE LAUNCH

- ☐ Save this PDF to an offline folder named FIT TO TRAVEL and open it in airplane mode.
- ☐ Choose your 30-, 15-, 8-, 7-, and 2-minute doses.
- ☐ Inspect the suspension trainer and rehearse the approved anchor method at home.
- ☐ Place shoes, clothes, plan, water bottle, and travel kit together.
- ☐ Schedule Day 1 and the first two full-body sessions.
- ☐ Tell one trusted person what you will do, or sign the contract below.

THE 100-DAY CONTRACT

START DATE

DAY 100

TWO-MINUTE FLOOR

STANDARD SESSION

PROGRESSION TARGET

NEXT LIKELY TRIP

IF THE PLAN BREAKS

THE PROMISE

For the next 100 days, I will not demand perfect conditions. I will choose the next useful action, earn progression through control, and return quickly when I miss.

SIGNATURE

DATE

Pack the System

The plan and the tool should arrive together.

GYM IN A SUITCASE

- | | |
|---|---|
| ☐ Training shoes | ☐ Sleep mask / earplugs |
| ☐ Workout clothes | ☐ Protein or backup snack |
| ☐ Suspension trainer + approved anchor | ☐ Phone timer |
| ☐ Secured backpack | ☐ This companion saved offline |
| ☐ Jump rope if appropriate | ☐ Printed trip plan |
| ☐ Water bottle | ☐ Blank log + pen |

SIXTY-SECOND ROOM TEST

Check floor grip, overhead clearance, nearby furniture, noise, and the path of every moving object. Verify the anchor using the manufacturer's instructions. Decide where a dropped object would go. If the anchor, door, crossbar, or surrounding space is questionable, do not improvise.

OFFLINE FOLDER

- ☐ Open the workout page in airplane mode.
- ☐ Open the one-page trip plan in airplane mode.
- ☐ Open the scorecard and current checkpoint in airplane mode.
- ☐ Rename the trip plan with the destination and date.
- ☐ Put the paper copy and suspension trainer in the same bag.

FIELD ORDER

Do not board with intentions only. Carry the downloaded resources or carry a written one-page plan that can survive without a signal.

Choose the Dose Before Fatigue

TIME	DO THIS	PURPOSE
2 min	Ignition: squat, push, pull, hinge, brace	Protect the habit
5 min	Walk or safe hotel stairs	Move and reset
7 min	Tested no-equipment session	Full-body fallback
8 min	Five-pattern reset	Restore movement + alertness
15 min	Level-based travel circuit	Maintain strength
30 min	Strength + optional conditioning	Train seriously

TONIGHT'S DECISION

TOMORROW'S PLANNED DOSE

FALLBACK DOSE

FLOOR DOSE

TRAINING TRIGGER

FIRST CUE I WILL SEE

COACH'S RULE

Choose the dose before fatigue arrives. The minimum protects continuity, but it does not excuse you from taking the larger window when the larger window is honestly available.

The 2-Minute and 7-Minute Saves

THE TWO-MINUTE IGNITION

- 1 SQUAT** 5 controlled squats or chair stands
- 2 PUSH** 5 push-ups against a wall, desk, or floor
- 3 PULL** 8 suspension-trainer inverted rows, or a 20-second towel pull when no safe anchor exists
- 4 HINGE** 5 controlled hip hinges
- 5 BRACE** 20 seconds of plank or standing suitcase march

IF MOMENTUM APPEARS

Continue into the 8- or 15-minute session. If it does not, record the floor dose and protect tomorrow. Two minutes is not a complete training plan. It is a deliberate refusal to disappear.

THE SEVEN-MINUTE EMERGENCY

Use a tested, no-equipment seven-minute routine when the day is very rushed and no equipment is available. Modify jumping, floor work, or speed as needed. If seven minutes is unrealistic, walk for five minutes or climb safe hotel stairs at a controlled pace.

- ☐ Room checked for safe floor, clearance, and noise
- ☐ Low-impact substitutions chosen before the timer starts
- ☐ Effort capped so technique remains clean
- ☐ Tomorrow's normal dose selected before the day ends

The 8-Minute Reset

Density with control, not frantic repetition.

SET A TIMER FOR EIGHT MINUTES

TARGET	MOVEMENT	CHALLENGE CUE
10-15	Squat or reverse lunge	Add backpack load or use a 3-second descent
8-15	Push-up variation	Lower the hand support as strength grows
8-15	Suspension inverted row	Walk feet forward; pause at the ribs
10-15	Backpack hinge	Use full range; control the lockout
25-45 sec	Plank or dead bug	Breathe without losing position

STANDING VERSION

Use chair squats or reverse lunges, wall or desk push-ups, suspension-trainer inverted rows, backpack Romanian deadlifts, and a suitcase march in place.

LOW-RECOVERY VERSION

Use five slow squats, five desk push-ups, eight upright suspension rows, five hip hinges, and thirty seconds of relaxed marching. Repeat without breathlessness, then take a short daylight walk when practical.

LEAVE BETTER

The reset should make you more ready for the day, not depleted before the first meeting. Stop a set when technique changes.

15-Minute Program: Beginner

Work for about 40 seconds, transition or rest for 20 seconds, and complete two rounds. Use the easiest variation that stays controlled.

TYPE	EXERCISE	TARGET	CUE
Squat	Chair squat + backpack	10-15	Touch lightly; stand strong
Push	Incline push-up	8-12	Body stays long
Pull	Upright suspension row	8-12	Pause at ribs
Hinge	Backpack RDL	10-15	Hips back; slow down
Brace	Dead bug reach	6-10 each	Exhale and control
Finish	March / easy rope	45 sec	Quiet rhythm

PROGRESSION

Add repetitions inside the range before choosing a harder variation. When every set is clean, lower the push-up support or walk the feet slightly forward on the row.

DATE _____

ROUNDS COMPLETED _____

HARDEST CLEAN VARIATION _____

NEXT PROGRESSION _____

15-Minute Program: Intermediate

Complete three focused rounds. Move from one exercise to the next without rushing, then rest 30 to 60 seconds between rounds.

TYPE	EXERCISE	TARGET	CUE
Squat	Backpack split squat	8-12 each	Control the bottom
Push	Floor / low incline push-up	8-15	2-sec lowering
Pull	Suspension inverted row	8-12	Moderate angle; pause
Hinge	Backpack RDL	10-15	3-sec lowering
Brace	Side plank + reach	25-40 sec	Stay long
Finish	Rope / step-ups	35 sec	Strong, controlled pace

PROGRESSION

Finish most sets with one to three good repetitions available. Progress one lever: range, repetitions, tempo, leverage, load, or density.

DATE _____

ROUNDS COMPLETED _____

HARDEST CLEAN VARIATION _____

NEXT PROGRESSION _____

15-Minute Program: Advanced

Use advanced variations only when technique is stable and recovery is adequate. Complete three rounds with purposeful transitions.

TYPE	EXERCISE	TARGET	CUE
Squat	Rear-foot-elevated split squat	8-12 each	Load only if stable
Push	Feet-elevated / deficit push-up	6-12	No hip sag
Pull	Feet-elevated suspension row	6-10	Chest to handles
Hinge	Single-leg backpack RDL	8-12 each	Square the hips
Brace	Body saw / suitcase carry	30-45 sec	Ribs down
Finish	High-knee rope	30 on / 30 easy	Quiet landings

PROGRESSION

Advanced is earned. Increase load, leverage, range, or density - never all four at once. Keep one to three strict repetitions in reserve.

DATE _____

ROUNDS COMPLETED _____

HARDEST CLEAN VARIATION _____

NEXT PROGRESSION _____

30-Minute Program: Beginner

- ☐ 0-4: rehearse five squats, five hinges, five incline push-ups, eight rows, and 20 seconds of marching.
- ☐ 4-24: complete three controlled rounds.
- ☐ 24-28: walk or cycle easily.
- ☐ 28-30: downshift and log the work.

BLOCK	MOVEMENT A	MOVEMENT B	WORK
A	Chair squat + backpack	Incline push-up	3 x 10-15
B	Backpack RDL	Upright suspension row	3 x 8-12
C	Dead bug reach	Brisk march	2 x 40 sec

OPTIONAL CONDITIONING

- ☐ Bike / treadmill: 30 sec strong, 60 sec easy x 4
- ☐ Step-ups: 40 sec steady, 20 sec easy march x 6
- ☐ Incline walk: 6 minutes at controlled, raised breathing

RECOVERY RULE

Skip the conditioning finish when sleep is poor, the workday is physically demanding, or the trip already includes heavy walking. Strength remains the priority.

DATE _____

LOAD / VERSION TO REPEAT _____

ONE LEVER TO PROGRESS NEXT TIME _____

30-Minute Program: Intermediate

- ☐ 0-4: rehearse the five patterns.
- ☐ 4-22: complete the strength pairs with disciplined transitions.
- ☐ 22-28: add optional conditioning.
- ☐ 28-30: walk, breathe, and log.

BLOCK	MOVEMENT A	MOVEMENT B	WORK
A	Backpack split squat	Push-up	3 x 8-12
B	Backpack RDL	Suspension inverted row	3 x 8-15
C	Side plank + reach	Rope / step-up	3 x 30 sec

OPTIONAL CONDITIONING

- ☐ Bike / treadmill: 30 sec strong, 60 sec easy x 4
- ☐ Step-ups: 40 sec steady, 20 sec easy march x 6
- ☐ Incline walk: 6 minutes at controlled, raised breathing

RECOVERY RULE

Skip the conditioning finish when sleep is poor, the workday is physically demanding, or the trip already includes heavy walking. Strength remains the priority.

DATE _____

LOAD / VERSION TO REPEAT _____

ONE LEVER TO PROGRESS NEXT TIME _____

30-Minute Program: Advanced

- ☐ 0-5: prepare and rehearse the hardest variations.
- ☐ 5-23: complete strength work with disciplined rest.
- ☐ 23-28: add optional accelerations only if recovery supports them.
- ☐ 28-30: downshift and log.

BLOCK	MOVEMENT A	MOVEMENT B	WORK
A	Rear-foot-elevated split squat	Feet-elevated push-up	4 x 6-10
B	Single-leg backpack RDL	Feet-elevated suspension row	4 x 6-10
C	Body saw / suitcase carry	Fast rope	3 x 30-45 sec

OPTIONAL CONDITIONING

- ☐ Bike / treadmill: 30 sec strong, 60 sec easy x 4
- ☐ Step-ups: 40 sec steady, 20 sec easy march x 6
- ☐ Incline walk: 6 minutes at controlled, raised breathing

RECOVERY RULE

Skip the conditioning finish when sleep is poor, the workday is physically demanding, or the trip already includes heavy walking. Strength remains the priority.

DATE _____

LOAD / VERSION TO REPEAT _____

ONE LEVER TO PROGRESS NEXT TIME _____

Jump Rope + Cardio Accelerations

JUMP ROPE

Use compact basic bounces: tall posture, elbows near the sides, wrists turning the rope, and quiet landings. Do not jump in a low room, on a slippery floor, near sleeping guests, or when impact is inappropriate for you.

LEVEL	WORK	EASY	ROUNDS
Beginner	20 sec easy rope	40 sec walk	5
Intermediate	30 sec rope	30 sec easy	8
Advanced	40 sec strong	20 sec easy	10 only while quiet

CHANGE GEARS

Accelerations are brief increases in pace inside an easy session. Use a bike, treadmill, elliptical, jump rope, safe stairs, or an uphill walk. Strong means purposeful, not maximal. Finish knowing you could complete one more clean round.

LEVEL	WARM-UP	ACCELERATE	EASY	ROUNDS
Beginner	5 min	15 sec	75 sec	4
Intermediate	5 min	25 sec	65 sec	6
Advanced	6 min	30 sec	45 sec	8

USE JUDGMENT

Replace accelerations with easy walking when recovery is poor. The goal is useful capacity, not fatigue for its own sake.

Movement Guide

SQUAT



Feet stable. Knees track with toes. Sit between the hips. Add a secured backpack or a slower descent only when the range remains controlled.

PUSH



Keep head, ribs, hips, and heels connected. Lower the support as strength grows. Stop before the hips sag or the shoulders lose position.

ROPE



Stand tall. Keep elbows close. Turn the rope with the wrists. Land quietly. Choose a non-impact option when the room or your body says no.

Suspension-Trainer Inverted Row



STRICT-REP CHECKLIST

- ☐ Use only the manufacturer's approved anchor method on a verified structure.
- ☐ Keep the body rigid from head through heels; do not let the hips sag.
- ☐ Pull the handles toward the ribs, pause, and return under control.
- ☐ Stop with one to three technically sound repetitions still available.

LEVEL	SETUP	WORK TARGET
1	Tall body angle	10-15 strict reps
2	Moderate lean	8-15 reps, 1-sec pause
3	Low body angle	8-12 reps, slow return
4	Feet safely elevated	6-10 strict reps
5	Offset / assisted one-arm	5-8 each side

If the anchor or room is questionable, do not improvise. Use a dumbbell row, cable row, pulldown, or hard towel isometric until a safe setup returns.

Substitution + Hotel Gym Guide

PATTERN	HOME	HOTEL GYM	PORTABLE
Squat	Back squat	Goblet squat / leg press	Backpack split squat
Hinge	Romanian deadlift	DB RDL / leg curl	Backpack RDL
Push	Bench press	DB / machine press	Push-up variation
Pull	Cable row / pulldown	DB row / pulldown	Suspension inverted row
Brace	Loaded carry	Suitcase carry / cable press	Plank / body saw
Aerobic	Bike / run / row	Treadmill / bike / elliptical	Walk / stairs / rope

BUILD AROUND WHAT IS SAFE AND FUNCTIONAL

- ☐ Good dumbbells, no bench: floor press, suspension row, goblet squat, Romanian deadlift.
- ☐ Cable station: pulldown, row, press, pull-through, Pallof press.
- ☐ Machines only: leg press, chest press, row, leg curl, pulldown.
- ☐ Very light weights: use unilateral work, longer ranges, pauses, and 3- to 5-second lowering.
- ☐ No useful gym: return to the portable column and preserve squat, hinge, push, pull, and brace.

ONE-LEVER RULE

Change one progression variable at a time. When the set changes, the log should tell you why.

One-Page Trip Plan

DESTINATION / PURPOSE

DATES / TIME-ZONE CHANGE

EXPECTED PHYSICAL DEMAND

ANCHORS

WAKE

FIRST COMMITMENT

TRAINING WINDOW

MAIN MEAL

SHUTDOWN

SLEEP WINDOW

DOSE LADDER

30-MINUTE

7-MINUTE

15-MINUTE

2-MINUTE FLOOR

8-MINUTE

FUEL + RECOVERY DEFAULTS

BREAKFAST / FIRST MEAL

EMERGENCY SNACK

RESTAURANT RULE

CAFFEINE CUTOFF

RECOVERY ACTION

FAILURE POINT + RETURN

MOST LIKELY FRICTION

IF-THEN REPAIR

FIRST ACTION AFTER RETURN

PLAN TEST

Save this page offline. Open it in airplane mode. Put a paper copy in the same bag as the suspension trainer.

Training Log

DATE / LOCATION _____ SLEEP / ENERGY _____

PLANNED DOSE _____ COMPLETED DOSE _____

EXERCISE	LOAD / VERSION	S1	S2	S3	RIR

SESSION REVIEW

BEST SET / WIN _____

TECHNIQUE NOTE _____

FRICTION _____

NEXT SESSION PROGRESSION _____

LOG WHAT DRIVES PROGRESSION

Record the variation, body angle, load, repetitions, tempo, and stopping point. 'Fifteen-minute workout' is not enough information to make the next session smarter.

Travel-Proof Scorecard

Give one point for each input completed. Use the score as a conversation starter, not a verdict.

DAY	TRAIN	MOVE	PROTEIN	SLEEP	REVIEW	TOTAL
Mon	[]	[]	[]	[]	[]	___ / 5
Tue	[]	[]	[]	[]	[]	___ / 5
Wed	[]	[]	[]	[]	[]	___ / 5
Thu	[]	[]	[]	[]	[]	___ / 5
Fri	[]	[]	[]	[]	[]	___ / 5
Sat	[]	[]	[]	[]	[]	___ / 5
Sun	[]	[]	[]	[]	[]	___ / 5

EVENING REVIEW

ONE WIN

ONE POINT OF FRICTION

TOMORROW'S DOSE

FIRST CUE PREPARED

WEEKLY REVIEW

WEEKLY TOTAL

BEHAVIOR TO KEEP

FRICTION TO REPAIR

ONE RULE FOR NEXT WEEK

The 100-Day Map

Mark the day when you train, complete the floor, or deliberately recover and review.

PHASE 1 DAYS 1-10	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐	8 ☐	9 ☐	10 ☐
PHASE 2 DAYS 11-20	11 ☐	12 ☐	13 ☐	14 ☐	15 ☐	16 ☐	17 ☐	18 ☐	19 ☐	20 ☐
PHASE 3 DAYS 21-30	21 ☐	22 ☐	23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐	29 ☐	30 ☐
PHASE 4 DAYS 31-40	31 ☐	32 ☐	33 ☐	34 ☐	35 ☐	36 ☐	37 ☐	38 ☐	39 ☐	40 ☐
PHASE 5 DAYS 41-50	41 ☐	42 ☐	43 ☐	44 ☐	45 ☐	46 ☐	47 ☐	48 ☐	49 ☐	50 ☐
PHASE 6 DAYS 51-60	51 ☐	52 ☐	53 ☐	54 ☐	55 ☐	56 ☐	57 ☐	58 ☐	59 ☐	60 ☐
PHASE 7 DAYS 61-70	61 ☐	62 ☐	63 ☐	64 ☐	65 ☐	66 ☐	67 ☐	68 ☐	69 ☐	70 ☐
PHASE 8 DAYS 71-80	71 ☐	72 ☐	73 ☐	74 ☐	75 ☐	76 ☐	77 ☐	78 ☐	79 ☐	80 ☐
PHASE 9 DAYS 81-90	81 ☐	82 ☐	83 ☐	84 ☐	85 ☐	86 ☐	87 ☐	88 ☐	89 ☐	90 ☐
PHASE 10 DAYS 91-100	91 ☐	92 ☐	93 ☐	94 ☐	95 ☐	96 ☐	97 ☐	98 ☐	99 ☐	100 ☐

LEGEND YOU CHOOSE

FULL SESSION

SHORT DOSE / FLOOR

RECOVERY + HONEST REVIEW

MISSED - RETURNED NEXT DAY

NEVER ERASE THE EVIDENCE

A missed day is data. The mark that matters most may be the one immediately after it.

Phase 1 Checkpoint

Launch the System

MISSION

Build the kit, establish a baseline, and define a minimum you can complete on your most crowded day.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD

Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Phase 2 Checkpoint

Anchors and Friction

MISSION
Attach movement to events that travel with you: waking, meals, hotel check-in, and the end of the workday.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD
Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Phase 3 Checkpoint

Own the Patterns

MISSION
Learn one safe beginner, intermediate, and advanced option for squat, hinge, push, pull, and brace.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD
Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Phase 4 Checkpoint

Own the Dose

MISSION

Make the 15-minute session automatic, use the 30-minute session when the window opens, and add conditioning without compromising recovery.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD

Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Phase 5 Checkpoint

Fuel the Traveler

MISSION

Create food defaults that protect energy, muscle, and judgment without turning travel into a nutrition contest.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD

Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Phase 6 Checkpoint

Protect Recovery

MISSION

Use sleep, light, caffeine, and movement to arrive alert instead of merely stimulated.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD

Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Phase 7 Checkpoint

Rehearse the Trip

MISSION

Practice the full system under a realistic business schedule before the next demanding trip.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD

Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Phase 8 Checkpoint

Shrink, Substitute, Return

MISSION
Learn to shrink, substitute, and return without guilt, compensation, or a dramatic restart.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD
Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Phase 9 Checkpoint

Progress Independently

MISSION

Choose the right level, adapt to available equipment, and progress without perfect conditions or constant instruction.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD

Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Phase 10 Checkpoint

Field Test the System

MISSION

Unify the habits into a personal operating system and write the rules for the next 100 days.

PHASE CHECK	SCORE
Training sessions completed	___ / 10
Movement or walking days	___ / 10
Protein-anchor days	___ / 10
Protected sleep-window days	___ / 10
Evening reviews completed	___ / 10

REVIEW THE EVIDENCE

THE BEHAVIOR THAT SURVIVED PRESSURE _____

THE CLEAREST WIN _____

THE SOURCE OF FRICTION _____

WHAT THE LOG SAYS ABOUT DIFFICULTY _____

THE ONE REPAIR I WILL CARRY FORWARD _____

MY DEFAULT DOSE FOR THE NEXT TEN DAYS _____

CARRY FORWARD

Keep one behavior that worked. Repair one source of friction. Begin the next phase without waiting for a perfect Monday.

Day 100: Audit and Recommit

You did not spend 100 days proving that every day would cooperate. You spent 100 days proving that your system can adapt when it does not.

KEEP, REPAIR, REMOVE

THE RULE THAT WORKED ALMOST EVERYWHERE

THE MINIMUM THAT PROTECTED CONTINUITY

THE PROGRESSION METHOD THAT IMPROVED STRENGTH

THE TRAVEL CUE THAT MADE ACTION EASIER

THE FOOD DEFAULT THAT PROTECTED ENERGY

THE RECOVERY RULE THAT MATTERED MOST

THE SOURCE OF FRICTION I WILL REPAIR

THE RULE OR TOOL I WILL REMOVE

NEXT CYCLE

NEXT DAY 1

NEXT DAY 100

NEXT EMPHASIS

FIRST LIKELY TRIP

FIRST SCHEDULED SESSION

FINAL FIELD ORDER

Schedule the next 100-day cycle now. Write the first trip, the first training dose, and the first proof action. Then begin again with better information.

Field Notes

REMEMBER

Pack the suspension trainer. Save the plan offline. Choose tomorrow's dose tonight. Then do the smallest useful thing - and the next one.