

**FIT TO TRAVEL**

# 100-DAY ACTION COMPANION

---

One hundred Field Orders. A daily plan. Proof of execution.

PLAN | EXECUTE | REVIEW

100 DAILY ORDERS + ACTION LOGS

WORKOUTS + 10-DAY CHECKPOINTS



**JEFF EMBLEN**

THE EXECUTION EDITION

# Start Here

---

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

This execution edition brings all 100 daily Field Orders into the companion. Each day includes the book's assignment, minimum action, and reflection question, followed by space to plan the action, record the evidence, and choose what happens next.

## 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.

## RUN THE DAILY LOOP

- 1. Plan** Read today's order. Write the cue, time, and place. Choose the training dose the day can support.
- 2. Execute** Complete the assignment or use its stated minimum when needed. The minimum is a floor, not a hiding place.
- 3. Record** Write what actually happened. Mark the Travel-Proof Five and answer the day's question.
- 4. Review** Every ten days, complete the checkpoint. Keep one behavior that worked and repair one source of friction.

Begin with Day Zero on page 4. The first daily order is on page 23. Keep the full PDF offline or print your current ten-day block. The workout tools are reference pages; the daily order does not require a hard workout every day. Where an order refers to "the book," use Fit to Travel for the full instruction.

## USE THE SYSTEM SAFELY

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.

Field Orders reproduced from the Fit to Travel R6 manuscript. Workout tools and checkpoint pages retained from the original 100-Day Companion. Planning and execution spaces added for this edition.

# Your Action Map

## PREPARE + REFERENCE

|                                         |              |
|-----------------------------------------|--------------|
| Day Zero and equipment                  | <b>4-5</b>   |
| Dose ladder and quick sessions          | <b>6-8</b>   |
| 15- and 30-minute strength programs     | <b>9-14</b>  |
| Cardio, movement cues and substitutions | <b>15-18</b> |
| Trip plan, training log and scorecard   | <b>19-21</b> |
| 100-day tracking map                    | <b>22</b>    |

## 100 FIELD ORDERS

| PHASE / MISSION                           | DAYS   | START | REVIEW     |
|-------------------------------------------|--------|-------|------------|
| <b>01 Prepare Before Pressure</b>         | 1-10   | 23    | 33         |
| <b>02 Install the Cues</b>                | 11-20  | 34    | 44         |
| <b>03 Master the Movements</b>            | 21-30  | 45    | 55         |
| <b>04 Build Capacity in Small Windows</b> | 31-40  | 56    | 66         |
| <b>05 Fuel the Mission</b>                | 41-50  | 67    | 77         |
| <b>06 Protect Sleep and Sharpness</b>     | 51-60  | 78    | 88         |
| <b>07 Rehearse the Business Trip</b>      | 61-70  | 89    | 99         |
| <b>08 Practice Disruption and Return</b>  | 71-80  | 100   | 110        |
| <b>09 Field-Test Autonomy</b>             | 81-90  | 111   | 121        |
| <b>10 Become Your Own Travel Coach</b>    | 91-100 | 122   | 132        |
| <b>Day 100 audit and next-cycle plan</b>  |        |       | <b>133</b> |
| <b>Field notes</b>                        |        |       | <b>134</b> |

Use the PDF bookmarks to jump directly to any day, workout tool, or checkpoint.

# 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

- |                                                               |                                                       |
|---------------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Training shoes                       | <input type="checkbox"/> Sleep mask / earplugs        |
| <input type="checkbox"/> Workout clothes                      | <input type="checkbox"/> Protein or backup snack      |
| <input type="checkbox"/> Suspension trainer + approved anchor | <input type="checkbox"/> Phone timer                  |
| <input type="checkbox"/> Secured backpack                     | <input type="checkbox"/> This companion saved offline |
| <input type="checkbox"/> Jump rope if appropriate             | <input type="checkbox"/> Printed trip plan            |
| <input type="checkbox"/> Water bottle                         | <input type="checkbox"/> 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.

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

## 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.

# Field Order 001

## Assemble The Kit

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Collect training shoes, a suspension trainer with the manufacturer's approved anchor, a secured backpack, a jump rope if appropriate, workout clothes, a water bottle, and a sleep mask. Download the companion pages or create your one-page plan. Put everything in one place and test every item today.

#### MINIMUM

Lay out the shoes, suspension trainer, and offline plan where you can see them.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which item solves a real travel problem, and which item is only clutter?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 002

## Choose Travel Shoes

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Select shoes comfortable enough for airports and walking, yet stable enough for simple strength work. Wear them during travel whenever practical. I often choose Allbirds as casual travel shoes because comfort encourages movement.

#### MINIMUM

Take a five-minute walk in the shoes.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

Would I willingly walk a mile in these shoes after a delayed flight?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# Field Order 003

## Record The Baseline

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete one controlled set of squats, push-ups at an appropriate angle, suspension-trainer inverted rows, backpack hinges, and a plank. Stop with two good repetitions in reserve. Record the variations, body angle, load, and repetitions.

#### MINIMUM

Perform five careful repetitions of each movement.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

Which pattern needs the easiest starting variation?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# Field Order 004

## Build The Dose Ladder

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Write four choices: 30 minutes, 15 minutes, 7 minutes, and the two-minute ignition. Match each dose to the kind of day that earns it. Make the decision before fatigue gets a vote.

#### MINIMUM

Write the two-minute ignition on a card.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What time pressure usually turns my workout into a zero?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 005

## Test Seven Minutes

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Use a Seven Minute Workout app you have tested, or follow the seven-minute bodyweight sequence in this book. Move with control and modify any exercise that does not fit your body or room.

#### MINIMUM

Open the app and complete the first safe movement.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed☐ Minimum completed☐ Adapted / missed

What I actually did / evidence:

---

---

### WRITE IT DOWN

Did the timer help me begin, or did it make me rush?

---

---

### TRAVEL-PROOF FIVE

☐ Train / floor☐ Move☐ Protein☐ Sleep☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 006

## Take The Universal Walk

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Walk for five minutes immediately after a meal or work block. Use the route you have. The assignment is to prove that movement can fit inside an ordinary day without a special occasion.

#### MINIMUM

Walk to the end of the hall and back.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

Which existing event can trigger tomorrow's walk?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# Field Order 007

## Climb With Control

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

If stairs are safe and appropriate, climb up to ten hotel-style flights at a steady pace. Use the handrail as needed. Do not sprint. Elevators are for convenience; stairs can be a planned dose.

#### MINIMUM

Climb one flight and walk back down carefully.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

Did the stairs energize me or add fatigue I did not need?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# Field Order 008

## Run The Arrival Reset

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Pretend you just entered a hotel room. Place the kit where you will see it, identify a safe training area, choose tomorrow's dose, fill the water bottle, and set the sleep window.

#### MINIMUM

Put tomorrow's clothes and shoes beside the bed.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What would make this room easier to use at 6 a.m.?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 009

## Complete The First Circuit

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Perform the beginner 15-minute circuit. Use easy variations and leave two to three repetitions in reserve. Record what you actually did, not what you intended to do.

#### MINIMUM

Complete one round of squat, push, pull, hinge, and brace.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which exercise should change before the next circuit?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 010

## Audit The Floor

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Review the first nine days. Your minimum should be small enough to survive real disruption and meaningful enough to preserve the habit. Raise it only when the current floor has become automatic.

#### MINIMUM

Complete the two-minute ignition.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

What is my nonnegotiable floor for the next ten days?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# 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.

# Field Order 011

## Choose A Wake Cue

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Write an if-then plan: After my alarm, I put on my training clothes before checking email. Rehearse it tomorrow even if the session comes later.

#### MINIMUM

Put on the shoes before opening email.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What usually steals the first five minutes of my morning?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 012

## Attach The Walk

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Choose one meal that will trigger a ten-minute walk. The cue is the meal, not a clock time, so it survives changing schedules and time zones.

#### MINIMUM

Walk five minutes after the chosen meal.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which meal is most reliable on travel days?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 013

## Create A Shutdown Cue

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

At the end of work, close the laptop, fill the water bottle, and write the next training dose. This three-step sequence tells the brain that work is ending and recovery is beginning.

#### MINIMUM

Close the laptop and write tomorrow's dose.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What unfinished task keeps following me into the night?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 014

## Shape The Room

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Move the suspension trainer, shoes, and plan into view. Move the phone charger away from the bed. Put water where you will drink it. Make the useful choice visible and the distracting choice less convenient.

#### MINIMUM

Place one useful object in plain sight.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which environmental change reduced the most friction?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 015

## Use A Calendar Anchor

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Place the 15- or 30-minute session beside a real meeting, flight, or meal. Write the fallback directly under it. A plan without a fallback is only a preference wearing a calendar entry.

#### MINIMUM

Schedule the two-minute ignition as the fallback.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed☐ Minimum completed☐ Adapted / missed

What I actually did / evidence: \_\_\_\_\_

### WRITE IT DOWN

What event could force this session to move?

\_\_\_\_\_

\_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor☐ Move☐ Protein☐ Sleep☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 016

## Pack By Role

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Assign each item a job: suspension trainer for pulling and advanced bracing, backpack for squats and hinges, floor for pushing and bracing, and rope for conditioning. Remove anything without a job.

#### MINIMUM

Name one movement for the suspension trainer and one for the backpack.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What did I pack last time but never use?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 017

## Practice The Airport Cue

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

During the next ordinary work break, simulate a layover: stand, walk for ten minutes, drink water, and avoid sitting until the timer ends. You are training the response before the airport tests it.

#### MINIMUM

Stand and walk for five minutes.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Where can I walk safely during a real layover?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 018

## Practice Hotel Check-In

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Run your arrival cue again, then complete seven minutes before sitting on the bed or opening television. Begin before comfort takes the room; restarting is always harder.

#### MINIMUM

Perform one round before unpacking anything else.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What action tends to end my momentum after arrival?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 019

## Score The Inputs

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Give yourself one point each for training, movement, a protein anchor, sleep-window protection, and evening review. Score honestly. Treat the number as feedback, never as a verdict.

#### MINIMUM

Record today's score out of five.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which point is easiest to earn, and which needs a better cue?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 020

## Keep The Cue That Worked

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Review the cues you tested. Keep the two strongest and simplify or discard the rest. A few reliable cues beat a sophisticated routine that disappears under pressure.

#### MINIMUM

Write your best cue on the trip-plan page.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which cue worked with the least thought?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# 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.

# Field Order 021

## Own The Squat

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Practice bodyweight squats and split squats. Film one side view if comfortable. Keep the whole foot planted and use a range you can control without pain.

#### MINIMUM

Sit to a chair and stand five times.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed☐ Minimum completed☐ Adapted / missed

What I actually did / evidence:

\_\_\_\_\_  
\_\_\_\_\_

### WRITE IT DOWN

Which stance feels stable and repeatable?

\_\_\_\_\_  
\_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor☐ Move☐ Protein☐ Sleep☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 022

## Own The Hinge

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Practice the hip hinge with hands in the hip creases, then use a secured backpack for Romanian deadlifts. Stop before the back rounds or the bag shifts.

#### MINIMUM

Perform five unloaded hinges.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed☐ Minimum completed☐ Adapted / missed

What I actually did / evidence:

---

---

### WRITE IT DOWN

Can I feel the hips moving back while the trunk stays controlled?

---

---

### TRAVEL-PROOF FIVE

☐ Train / floor☐ Move☐ Protein☐ Sleep☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 023

## Own The Push

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Test wall, desk, and floor push-ups. Choose the angle that makes six to twelve controlled repetitions challenging with two good repetitions left.

#### MINIMUM

Perform five wall push-ups.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which angle keeps the body in one long line?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 024

## Own The Pull

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Install the suspension trainer only with the manufacturer's approved method on a verified structure. Practice inverted rows at a conservative angle. Keep the body rigid, pull the handles toward the ribs, pause, and return slowly. Stop with one to three strict repetitions in reserve.

#### MINIMUM

Perform eight upright suspension-trainer rows.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Is the anchor unquestionably secure?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 025

## Own The Brace

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Practice dead bugs and side planks while breathing normally. End the set when position fails, not when the timer goes off.

#### MINIMUM

Hold a short side plank from the knees.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Can I breathe without losing position?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 026

## Build The Beginner Circuit

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete three rounds of chair squats with a light backpack, incline push-ups, upright suspension-trainer rows, backpack Romanian deadlifts, and dead bug reaches. Rest enough to preserve technique.

#### MINIMUM

Complete one round.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which movement should stay at the beginner level?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 027

## Build The Intermediate Circuit

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete three rounds of backpack split squats, floor or low-incline push-ups, moderate-angle suspension-trainer rows, backpack Romanian deadlifts, and side planks with reach. Finish most sets with one to two strict repetitions in reserve.

#### MINIMUM

Complete one intermediate round.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

\_\_\_\_\_

\_\_\_\_\_

### WRITE IT DOWN

Where did technique begin to change?

\_\_\_\_\_

\_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 028

## Test One Advanced Option

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Choose only one harder variation: rear-foot-elevated split squat, feet-elevated push-up, feet-elevated suspension row, single-leg backpack hinge, suspension body saw, or heavy suitcase carry. Do not upgrade every movement at once.

### MINIMUM

Add a slow three-second lowering phase to one exercise.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

Did the harder option improve stimulus without reducing control?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# Field Order 029

## Practice Jump-Rope Basics

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Use compact basic bounces for short sets on a forgiving surface with adequate ceiling height. Keep elbows near the ribs and turn the rope with the wrists.

#### MINIMUM

Practice thirty seconds without chasing speed.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Were the landings quiet and repeatable?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 030

## Write The Substitution Map

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

For every home exercise, write a hotel-gym and room substitute. Do not chase an exact copy. Preserve the pattern, effort, and safety.

#### MINIMUM

Write one substitute for squat, push, and pull.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which pattern still lacks a reliable travel option?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# 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.

# Field Order 031

## Beginner Fifteen

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete the beginner 15-minute circuit. Move deliberately, use stable variations, and rest whenever breathing threatens technique.

#### MINIMUM

Complete one controlled round.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Did I finish feeling capable of repeating the session?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 032

## Walk And Recover

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Take two ten-minute walks, preferably after meals. Keep the pace easy enough to support recovery from yesterday's strength work.

#### MINIMUM

Take one five-minute walk.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed☐ Minimum completed☐ Adapted / missed

What I actually did / evidence:

---

---

### WRITE IT DOWN

Did walking improve energy or stiffness?

---

---

### TRAVEL-PROOF FIVE

☐ Train / floor☐ Move☐ Protein☐ Sleep☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 033

## Intermediate Fifteen

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete the intermediate 15-minute circuit and record variations, repetitions, and rounds. The log creates a target for next time.

#### MINIMUM

Perform two movement pairs for eight minutes.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What is the smallest measurable progression available?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 034

## Cardio Accelerations

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Warm up, then insert six controlled 20-second accelerations into an easy walk, bike, or rope session. Return to an easy pace for 70 seconds after each effort.

#### MINIMUM

Complete three controlled accelerations.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed☐ Minimum completed☐ Adapted / missed

What I actually did / evidence:

---

---

### WRITE IT DOWN

Could I have completed one more with good form?

---

---

### TRAVEL-PROOF FIVE

☐ Train / floor☐ Move☐ Protein☐ Sleep☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 035

## Beginner Thirty

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Use the beginner 30-minute plan: rehearsal, three simple strength pairs, easy conditioning, and a short downshift. Finish with energy for the workday.

#### MINIMUM

Complete the first strength pair twice.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which section gave the best return for the time?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 036

## Protect The Floor

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Choose a deliberately crowded day and use the seven-minute option without guilt. The minimum is a bridge through disruption, not a confession of failure.

#### MINIMUM

Complete the two-minute ignition.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Did I stop because the plan said stop or because resistance appeared?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 037

## Intermediate Thirty

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete the intermediate 30-minute program. Use one to three repetitions in reserve and sixty to ninety seconds of rest after demanding pairs.

#### MINIMUM

Complete the first twelve minutes.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which movement deserves more rest next time?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 038

## Stair Dose

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

If stairs are safe for you, climb up to ten flights at a steady pace, using the handrail as needed. Walk down carefully or use the elevator if descent bothers the knees.

#### MINIMUM

Climb two comfortable flights.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Was this useful conditioning or unnecessary fatigue?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 039

## Advanced Fifteen

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Use the advanced 15-minute circuit only if technique, joints, and recovery are ready. Choose demanding but controlled variations, including a lower or feet-elevated suspension-row angle. Increase leverage, range, tempo, or load, not chaos. Finish each set before form changes.

### MINIMUM

Use the intermediate plan and slow the lowering phase.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What objective sign says I am ready for advanced work?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 040

## Choose The Right Dose

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Compare your 7-, 15-, and 30-minute sessions. Write the conditions that make each appropriate. The best dose is the one the day can support without breaking the larger plan.

#### MINIMUM

Choose tomorrow's dose tonight.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Am I using the minimum strategically or hiding inside it?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# 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.

# Field Order 041

## Choose The Protein Anchor

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Select a palm-sized protein source at each main meal. Build the plate around it, then add produce and the carbohydrate portion the day requires.

#### MINIMUM

Add one clear protein source to the next meal.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which meal most often lacks a protein anchor?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 042

## Build The Default Breakfast

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Choose a breakfast you can repeat in hotels or airports: eggs and fruit, Greek yogurt and berries, or another protein-centered option you tolerate well.

#### MINIMUM

Identify tomorrow's protein first.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Can I order this breakfast in three different cities?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action:

---

# Field Order 043

## Carry Emergency Food

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Pack one shelf-stable option that prevents desperation: a protein bar, tuna pouch, jerky, nuts, or another practical choice. Check travel and allergy restrictions.

#### MINIMUM

Place one backup snack in the travel bag.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What situation is this snack designed to solve?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 044

## Hydrate Before Urgency

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Drink water early in the day and with meals. Use thirst, urine color, climate, activity, and individual medical guidance rather than forcing an arbitrary gallon.

#### MINIMUM

Fill and finish one bottle over several hours.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed☐ Minimum completed☐ Adapted / missed

What I actually did / evidence: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### WRITE IT DOWN

When do I usually realize I am behind on fluids?

\_\_\_\_\_

\_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor☐ Move☐ Protein☐ Sleep☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 045

## Preview The Menu

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Look at the restaurant menu before the meeting. Choose a protein-centered meal and decide how you will handle appetizers, dessert, and alcohol while your judgment is still clear.

#### MINIMUM

Identify one acceptable entree before arrival.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which choice becomes harder once everyone else orders?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 046

## Order In Sequence

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Order water first, then the protein-centered entree, then decide whether extras still matter. Sequence can lower decision load without making the meal antisocial.

#### MINIMUM

Order water before food.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Did ordering early reduce negotiation?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 047

## Use The Portion Brake

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Pause halfway through the meal. Put down your utensils, talk, drink water, and reassess hunger. Then continue. The pause restores choice.

#### MINIMUM

Take one deliberate pause.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Was I still hungry, or only following the lead of the others at the table?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 048

## Set The Alcohol Rule

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Choose the rule before dinner: none, one, or a defined limit. Count the second cost, including sleep, appetite, and tomorrow's training quality.

#### MINIMUM

Write tonight's rule before the event.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What does tomorrow require from me?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 049

## Practice The Airport Plate

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Build an airport meal from the same structure: protein, produce when available, sensible carbohydrate, water. Convenience changes the options, not the priorities.

#### MINIMUM

Choose protein and water first.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which terminal stop offers the most reliable default?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 050

## Keep The Useful Defaults

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Review the week. Keep the breakfast, snack, restaurant order, and hydration cue that required the least effort. Defaults are valuable because they reduce decisions.

#### MINIMUM

Write your four food defaults on the trip plan.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which default protected both energy and enjoyment?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# 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.

# Field Order 051

## Set The Sleep Window

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Count backward from the required wake time and protect a realistic time in bed. Put the window on the trip plan before dinners and work expand into it.

#### MINIMUM

Write tonight's lights-out and wake times.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What commitment is the primary threat to your sleeping window?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 052

## Build The Portable Cave

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Make the room dark, cool, and quiet. Use a sleep mask or earplugs if helpful. Cover bright displays and place the phone away from the pillow.

#### MINIMUM

Move the phone charger away from the bed.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which room change improved the environment most?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 053

## Use Morning Light

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Get outdoor light during the local morning when practical. Pair it with a short walk. For major time-zone shifts, use individualized guidance because timing can change the effect.

#### MINIMUM

Stand or walk outside for five minutes.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

How did light affect alertness?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 054

## Set The Caffeine Cutoff

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Choose a cutoff that protects sleep. Many travelers benefit from stopping six to eight hours before bed, but sensitivity varies. Use caffeine to support the day, not borrow from the night before.

#### MINIMUM

Skip the latest planned caffeinated drink.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

Did afternoon caffeine solve fatigue or postpone recovery?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# Field Order 055

## Move Before Thinking

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete five to ten minutes of brisk walking or the ignition before a demanding meeting. Movement can raise alertness without the jitter or sleep cost of another stimulant.

#### MINIMUM

Walk for five minutes before focused work.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Did movement change attention or mood?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 056

## Protect The First Hour

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Protect the first hour from unnecessary message traffic. Move, get light, hydrate, and identify the day's priority before opening every channel you can postpone. Even ten protected minutes counts.

#### MINIMUM

Delay email for ten minutes while you prepare.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

What deserves my clearest attention?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# Field Order 057

## Use Movement Snacks

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Every sixty to ninety minutes, stand, walk, or perform a brief mobility sequence. These breaks are not workouts. They protect posture, circulation, and attention.

#### MINIMUM

Stand and move for two minutes.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which work block needs a movement cue?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 058

## Downshift Training

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

After poor sleep, reduce load, sets, or conditioning intensity. Keep the habit when safe, but do not turn fatigue into a character test.

#### MINIMUM

Take an easy walk instead of intervals.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What does readiness, not pride, recommend today?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 059

## Practice The Shutdown

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Write tomorrow's top task and training dose, close the laptop, dim the room, and begin the sleep routine. A written plan helps the brain stop rehearsing unfinished work.

#### MINIMUM

Write the first task for tomorrow.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What thought keeps reopening the workday?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 060

## Audit Performance

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Compare sleep-window protection, caffeine timing, movement, and meeting sharpness. Keep the two practices with the strongest effect.

#### MINIMUM

Record tonight's sleep plan before dinner.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which recovery behavior earns a permanent place in my travel system?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# 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.

# Field Order 061

## Write The Itinerary

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Create a two-night business-trip schedule with flight times, first commitment, client dinner, wake times, and return. Place training, walking, meals, and sleep around the fixed events.

#### MINIMUM

Write the first commitment and sleep window.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

\_\_\_\_\_  
 \_\_\_\_\_

### WRITE IT DOWN

Where is the most likely failure point?

\_\_\_\_\_  
 \_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 062

## Pack The Night Before

DATE \_\_\_\_\_ LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Pack only tested equipment and assigned clothing. Place travel shoes where you will wear them, not where you will forget them.

#### MINIMUM

Put the suspension trainer and scorecard in the outer pocket.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

\_\_\_\_\_  
 \_\_\_\_\_

### WRITE IT DOWN

What item usually creates last-minute friction?

\_\_\_\_\_  
 \_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 063

## Simulate The Travel Day

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Wear the travel shoes, take a ten-minute terminal-style walk, hydrate, and use an airport-style meal. Keep formal training light if the simulated day already includes substantial movement.

#### MINIMUM

Walk five minutes and drink water.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

Which travel cue was easiest to execute?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# Field Order 064

## Run The Arrival Reset

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Enter the room, place the kit in view, walk outside if appropriate, choose tomorrow's dose, and protect local bedtime. Do this before entertainment or room service.

#### MINIMUM

Lay out clothes and set the alarm.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What must happen before I sit down?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 065

## Train Before The First Meeting

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete the planned 15-minute session, leaving time to cool down, shower, and prepare without rushing. The workout should support the meeting, not compete with it.

#### MINIMUM

Complete the seven-minute option.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Did the session improve composure?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 066

## Handle The Client Dinner

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Use the restaurant rulebook while remaining present: preview, order water, anchor protein, pause halfway, and follow the alcohol rule chosen earlier.

#### MINIMUM

Use one preplanned rule.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which choice preserved both the relationship and tomorrow's energy?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 067

## Use The Full Window

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

On the less crowded morning, complete the 30-minute program at the appropriate level. Record loads and versions so the next session has a target.

#### MINIMUM

Complete the first strength pair.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What did the longer window allow me to improve?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 068

## Return Without Compensation

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Return home without punishment. Use a normal meal, a walk, and the next appropriate training dose. Re-entry is not a debt collection process.

#### MINIMUM

Take a ten-minute re-entry walk.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What would compensation have cost tomorrow?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 069

## Review The Scorecard

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Score the Travel-Proof Five across the simulation. Identify one win to standardize and one friction point to redesign.

#### MINIMUM

Record the total score.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which behavior created the largest downstream benefit?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 070

## Revise The Trip Plan

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Rewrite the plan using what happened, not what should have happened. The plan is a living operating system, not a promise carved in stone.

#### MINIMUM

Change one cue or fallback.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What will I do differently on the next real trip?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# 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.

# Field Order 071

## Break The Plan On Purpose

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Move today's planned workout to an inconvenient hour, then use the fallback instead. Controlled disruption teaches the system to bend without breaking.

#### MINIMUM

Complete the two-minute ignition.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which part of the fallback was easiest to resist?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 072

## Use The Flight-Delay Reset

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Write the new arrival time, next meal, available movement, training floor, and sleep window. Resume from reality, not the itinerary that no longer exists.

#### MINIMUM

Walk five minutes and rewrite the sleep window.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What decision matters most now?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 073

## Train After Poor Sleep

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Choose an easy strength technique session or walk. Reduce volume and skip hard intervals. The goal is to preserve rhythm while respecting readiness.

#### MINIMUM

Perform one easy round.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What did I change because of recovery?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 074

## Use The No-Floor Session

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Use the no-floor standing session. Replace what the room will not safely support without turning inconvenience into an excuse or safety into a dare.

#### MINIMUM

Complete one standing round.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Where can I train safely without lying down?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 075

## Handle A Missed Day

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Miss today's planned session on purpose, then run the return protocol tomorrow. The skill is not never missing. The skill is making the next repetition automatic.

#### MINIMUM

Schedule tomorrow's normal dose.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What story am I tempted to tell about one miss?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 076

## Use The Pain Rule

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Stop any movement that causes sharp, escalating, or unfamiliar pain. Substitute only if a comfortable pattern is clear. Seek qualified care when symptoms warrant it.

#### MINIMUM

Choose a comfortable walk or rest.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

\_\_\_\_\_  
 \_\_\_\_\_

### WRITE IT DOWN

Am I adapting intelligently or trying to prove something?

\_\_\_\_\_  
 \_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 077

## Use The Illness Rule

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

When ill, prioritize recovery and follow medical guidance. Fever, chest symptoms, significant weakness, or worsening symptoms are not invitations to push through.

#### MINIMUM

Rest, hydrate appropriately, and reassess later.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What would a calm coach advise today?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 078

## Run The 72-Hour Return

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Run the first day of your 72-hour return: local light, normal meal structure, walking, and a training dose matched to readiness. Restore rhythm before chasing performance.

#### MINIMUM

Take the first ten-minute walk.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which return action creates the most momentum?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 079

## Repair The Environment

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Identify the friction that caused the miss: hidden equipment, late dinner, poor cue, unsafe room, or an unrealistic dose. Repair the system rather than scolding yourself.

#### MINIMUM

Fix one environmental detail.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What made the useful action harder than necessary?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 080

## Write The Disruption Rules

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Create three if-then responses for delay, poor sleep, and a lost workout window. Keep them on the one-page trip plan.

#### MINIMUM

Write one if-then rule.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which disruption deserves a preapproved response?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# 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.

# Field Order 081

## Choose Your Level Honestly

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Select beginner, intermediate, or advanced by movement quality, training history, and recovery, not ego. Different exercises can use different levels on the same day.

#### MINIMUM

Use the beginner version for the least familiar movement.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What evidence supports today's level?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action:

---

# Field Order 082

## Audit The Hotel Gym

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Inspect benches, cables, pins, treadmills, and floor space. Build the session only from safe, functional equipment. Walk away from anything questionable.

#### MINIMUM

Identify one safe squat, push, and pull option.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which piece of equipment should I ignore?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 083

## Progress One Variable

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Use the two-session rule. If you reached the top of the range with clean technique and at least two repetitions in reserve for two sessions, progress one variable: range, repetitions, tempo, leverage, load, or density. Record the change.

#### MINIMUM

Add one controlled repetition to one set.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed☐ Minimum completed☐ Adapted / missed

What I actually did / evidence:

\_\_\_\_\_

\_\_\_\_\_

### WRITE IT DOWN

Did progression preserve form?

\_\_\_\_\_

\_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor☐ Move☐ Protein☐ Sleep☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 084

## Use Light Weights Well

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

When dumbbells are light, use unilateral work, pauses, slower lowering, and longer ranges before adding frantic repetitions. Make the muscle work harder without making the movement careless.

#### MINIMUM

Use a three-second lowering phase.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

Which technique increased difficulty most safely?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# Field Order 085

## Build The Long-Trip Week

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Schedule two or three strength sessions, easy aerobic work, walking, and recovery across seven days. Preserve all five patterns over the week.

#### MINIMUM

Schedule two strength sessions.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which pattern is easiest to neglect?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 086

## Use A Jump Rope Or Cardio Accelerations

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Choose jump rope if space, floor, noise, and skill allow. Otherwise use controlled cardio accelerations on a bike, treadmill, stairs, or brisk walk. The training effect matters more than the tool.

#### MINIMUM

Complete three short cardio accelerations.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which option fits this location with the least risk?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 087

## Coach The Session

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Before each set, name the purpose, target range, and stopping rule. After the set, record what happened. Become the calm coach you would want beside you.

#### MINIMUM

State the stopping rule before one set.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Did I stop because the target was met or because focus drifted?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 088

## Ask For Accountability

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Send a trusted person the planned dose and completion message, or use the printable scorecard. Accountability should make the action visible, not create shame.

#### MINIMUM

Send one concise commitment.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Who supports consistency without drama?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 089

## Complete The Independent Thirty

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Build and perform a demanding 30-minute session from the equipment available. Train squat, push, hinge, pull, and brace with one to three repetitions in reserve, then add conditioning only if recovery and the trip support it.

#### MINIMUM

Build and complete the first pair.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Could another traveler understand this plan from my log?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 090

## Audit Autonomy

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Review how often you chose the right dose and substitute without opening the book. Circle the decisions that are now automatic.

#### MINIMUM

Write tomorrow's session from memory.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed☐ Minimum completed☐ Adapted / missed

What I actually did / evidence:

\_\_\_\_\_  
\_\_\_\_\_

### WRITE IT DOWN

Where do I still need a clearer rule?

\_\_\_\_\_  
\_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor☐ Move☐ Protein☐ Sleep☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# 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.

# Field Order 091

## Write The Traveler Identity

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete the sentence: I am the kind of traveler who \_\_\_\_, even when \_\_\_\_\_. Make the proof behavioral and small enough to demonstrate this week.

#### MINIMUM

Write the sentence in the book.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What action would make this identity visible today?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 092

## Choose The Permanent Floor

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Select the two-minute, seven-minute, or another safe minimum that will protect continuity. Define the situations that activate it and the situations that require more.

#### MINIMUM

Write the floor and trigger together.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

\_\_\_\_\_  
 \_\_\_\_\_

### WRITE IT DOWN

Is the floor small enough to survive my hardest normal day?

\_\_\_\_\_  
 \_\_\_\_\_

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 093

## Choose The Standard Session

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Select your default 15-minute and 30-minute programs, including the exercise variation for each movement pattern.

#### MINIMUM

Write the five movements for the 15-minute session.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Can I begin this program without further decisions?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 094

## Choose The Travel Defaults

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Write one breakfast, one airport meal, one restaurant order, one emergency snack, and one alcohol rule. Keep only defaults you can live with.

#### MINIMUM

Write the breakfast and emergency snack.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which default protects the entire day?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 095

## Choose The Recovery Rules

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Write the sleep window, caffeine cutoff, light plan, arrival reset, and response to poor sleep. Recovery should be scheduled with the same seriousness as training.

#### MINIMUM

Write tonight's caffeine cutoff.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which rule most improves tomorrow's judgment?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 096

## Write The Disruption Script

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Complete three sentences: If the flight delays, I will \_\_\_\_\_. If the gym fails, I will \_\_\_\_\_. If I miss a day, I will \_\_\_\_\_.

#### MINIMUM

Complete one sentence.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which script prevents the most negotiation?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 097

## Build The Next Trip Plan

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Use the one-page template for a real or likely trip. Fill the anchors, dose, fuel, recovery, failure point, return plan, and progression target. Save the plan and workouts offline or print the pages you will carry.

#### MINIMUM

Complete the anchors and dose sections.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

What decision can I remove before departure?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 098

## Complete The Dress Rehearsal

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Simulate the next trip from wake-up through bedtime. Pack, train, eat, walk, and shut down as if the trip were real. Dress rehearsal is where weak plans become useful ones.

#### MINIMUM

Execute the floor and one food default.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Where did the system still depend on ideal conditions?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 099

## Execute Without The Book

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Execute today's plan without opening the book until the evening review. You are testing whether the system now lives in your decisions rather than on the page.

#### MINIMUM

Protect the floor and sleep window.

### MAKE IT HAPPEN

Cue / time / place: \_\_\_\_\_

Planned dose / fallback: \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

What I actually did / evidence:

---



---

### WRITE IT DOWN

Which decisions have become automatic?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

Tomorrow's first action: \_\_\_\_\_

# Field Order 100

## Audit And Recommit

DATE \_\_\_\_\_

LOCATION \_\_\_\_\_

### COACH'S ASSIGNMENT

Review all 100 days. Keep the rules that survived pressure, revise the ones that did not, download fresh pages or create a new one-page plan, and write the first date of your next 100-day cycle. A system stays alive by being used, challenged, and repaired.

#### MINIMUM

Choose the start date for the next cycle.

### MAKE IT HAPPEN

**Cue / time / place:** \_\_\_\_\_

**Planned dose / fallback:** \_\_\_\_\_

### EXECUTION RECORD

☐ Assignment completed

☐ Minimum completed

☐ Adapted / missed

**What I actually did / evidence:**

---



---

### WRITE IT DOWN

What will the next 100 days build that this cycle made possible?

---



---

### TRAVEL-PROOF FIVE

☐ Train / floor

☐ Move

☐ Protein

☐ Sleep

☐ Review

One point per completed input. Score: \_\_\_\_ / 5

**Tomorrow's first action:** \_\_\_\_\_

# 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.