

The commitment is five years.

Adventures completion: 35

3% health metric

Focus purely on future value: Evaluate the options based only the costs you can control going forward compared to the future benefits.

Forget the past: Mentally zero out what you've already spent. It's gone. The only way forward is the sunk cost method. Your sickness illustrates that rehashing is pretty much killing you. Let it go.

Remember that you spend less than 1% of your time with your kids.

Your children are adults and have their own lives.

Your kids do not live by you anymore so there is nothing you can do to try and repair any of the damage of their youth. It is done.

One class a semester

Forgive and start anew, like it's the first time.

Be consistent and work hard.

62 @ 25%: 5 Year Starting July 1, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 WO 3%	60 Min Exercise Strech/PT	60 Min Exercise Strech/PT	60 Min Exercise Strech/PT	60 Min Exercise Strech/PT	60 Min Exercise Strech/PT	60 Min Exercise Strech/PT	60 Min Exercise Strech/PT
12:30 SM Discipline	60 Min Cardio Body	60 Min Cardio Body	60 Min Body * Massage, Eyebrows, Shop, etc.	60 Min Cardio Body	60 Min Cardio Body	60 Min Cardio Body	60 Min Cardio Body
CH Kids Keep together	60 Min 30 Min/30 Min House/Current	60 Min 30 Min/30 Min House/Current	60 Min 30 Min/30 Min House/Current	60 Min 30 Min/30 Min House/Current	60 Min 30 Min/30 Min House/Current	60 Min 30 Min/30 Min House/Current	60 Min 30 Min/30 Min House/Current
4:30 6:00 BR is on hold until I get the house done to the way I want it.							
BR 1 Class a Semester Adventures	60 Min+ Brain Class	60 Min+ Brain Class	60 Min+ Brain Class	60 Min+ Brain Class	60 Min+ Brain Class	60 Min+ Brain Class	60 Min+ Brain Class
1:00 *Switch times if you'd like.							

8:00-6:00: 95% & 5% | wt. 140 (205-140=65)

Cheat days only when going out to eat

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Parfait	Parfait	Parfait	Parfait	Parfait	Parfait	Parfait
2	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Pesto and Tofu	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie 1 cup Kale Drink & Parm or Protein Drink	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Pesto and Tofu	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie 1 cup Kale Drink & Parm or Protein Drink	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Pesto and Tofu	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Ezekiel bread	2T Flax Vitamins 8 oz (raw) Lettuce/Veggie Pesto and Tofu or Protein Drink
3	Eggs & Salsa	6 oz Meat	Eggs & Salsa	6 oz Meat	Eggs & Salsa	Mega Veggies	6 oz Meat
	Nuts Nut Butter Avocado Salad Parchment Fish	2T Pesto Cal: 170 Protein: 6 Fiber: 1 3 Eggs Cal: 240 Protein: 18g Fiber: 0	Kale Drink 2 cups Kale 1 cup blueberries 1 cup Kefir 1 cup Water 2T Flax Cal: 360/ 180 Protein: 15/ 7.5 Fiber: 14/ 7	Lettuce 8 oz 2T Flax Cal: 140 Protein: 7 Fiber: 12 2 Ezekiel Breads Cal: 160 Protein: 10 Fiber: 6	Parfait ½ c Greek Yogt ½ c coconut milk or Milk 1 T Chia 1 T Tahini ½ c berries 3T Hemp Cal: 615 Protein: 29 Fiber: 7	Parfait w/o Hemp Cal: 435 Protein: 19 Fiber: 6 Parmesan Cheese ¼ cup Cal: 110 Protein: 10 Fiber: 0	Chicken 37g Cal: 335 Protein: 37g Fiber: 0 1 cup Black Beans Cal: 230 Protein: 15 Fiber: 15

1. Work out like you will compete. Work out like you mean it. It's better to do "full out" workouts than "marking" it.
2. Even if you only have 45 minutes in the gym, make it count, full out.
3. It takes dedication, self-control, and sacrifice to succeed in your sport.
4. Remember that there are no shortcuts to success!
5. Working out a little each day is better than trying to cram in practice the week before the swimsuit competition. It's like saving money. If you save a \$1 each day, in a month, you will have \$30. This is a lot easier than trying to save \$5 each day for a week. By the end of the month, you have the same result, plus interest!
6. Set achievable goals. Be patient. Working out is hard.
7. Don't get discouraged.
8. Watch YouTube videos to get the right technique.
9. Adapt, Adjust, Overcome.
10. "The difference between a dream and a goal... is a timeline and an action plan."
11. If you hear the same thing from more than one person, think about it, take to heart their feedback and strive to get better.
12. It is better to learn something fully than halfway.
13. Smile.

Suggested classes below:

ART Class such as 101, 102 or Contemporary Art	ADJ 163 - Crime Analysis and Intelligence OR	ADJ 250 - Global Security Concepts for Law Enforcement and National Security
ART Class such as 101 or 102	HIS 181 - Introduction to Historic Preservation	PLS 241 - Introduction to International Relations
HIS 180 - Historical Archaeology	LGL 235 - Legal Aspects of Bus. Organizations	GEO 210 - People & the Land: Intro. to Cultural Geography
LGL 115 - Real Estate	LGL 217 - Trial Practice & Law of Evidence	HIS 183 - Survey of Museum Practice
Open	Open	Open

4 Assumptions & Goals

SM: assume you were left with a mess in moms' house after she died and you are left to take care of the will; ask yourself if that is the legacy you want to leave your children?; now live accordingly.

WO: assume you've had a heart attack; now live accordingly.

CHARA: assume you go to the emergency room and tell everyone you are very sick, remember their response; now live accordingly.

BRAIN: assume you are going to get dementia; now learn accordingly.