

7:30 AM
WAKE + HYDRATE

12oz Spring Water,
3g Himalayan Salt,
Wedge of Lemon Juice



7:35 AM
LIGHT + MOVEMENT

Expose yourself to sunlight,
and get moving.

8:00 AM
BREATH + COLD

Power shower or polar
plunge combining breath
and cold.



8:15 AM
BREAKFAST

High fat, high protein, no
sugar, no carbs, or don't eat.

8:40 AM
COMMUTE TO WORK

Practice mindfulness and
'mindfulness' by listening
to podcasts or both.
Six deep breaths.

9:00 AM
ARRIVE AT WORK

Star emails in order of urgency,
then start important work.

10:30 AM
**OPTIMIZED
COFFEE OR TEA**

Powering through mid morning
with fat blended caffeine.



12:00 PM
EAT A WEIRD LUNCH

Take in micronutrients, avoid
anti-nutrients. Stay low carb.

12:30 PM
**BINAURAL
POWER NAP**

Put on binaural beats,
and nap it out.

www.aubreymarcus.com/beats

1:00 PM
**FOCUS ON THE
MISSION**

Why are you working? Work
on that stuff, say no to the rest.



OWN THE DAY, OWN YOUR LIFE

QUICK REFERENCE GUIDE

5:00 PM
TRAINING

Hit the major energy
systems, and have
some fun with it.



6:00 PM
COMMUTE HOME

More mindfulness and
'mindfulness' on your
way home.

6:30 PM
CONNECT

Have a glass of wine, play
an instrument, kiss your
lover, walk your dog.



7:30 PM
**DINNER FOR
A KING**

Mindful eating, some sex
precursor foods, and yay
for carbs!



9:00 PM
SEXY TIME

Communicate with your partner,
explore the boundaries and
check your ego.



10:00 PM
CUDDLE TIME

Journal your objectives,
put away your phone
and RELAX.

10:30 PM
SLEEPY TIME

Lights off, electronics
away, and get yourself
some proper zzzzz's.