

HIGH PERFORMANCE HUMANS

FLOURISHING IN YOUR PHYSICAL HEALTH

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Sleep 8 hours per night

HELPFUL TIPS:

1. SET A TIMER FOR BEDTIME
2. KEEP ROOM AT 68 DEGREES
3. BLACKOUT CURTAINS
4. HOT SHOWER BEFORE BED



Drink 100 oz. of water per day

CAN ADD A DASH HIMALAYAN PINK
SALT + LIME JUICE



Complete 150 minutes of moderate cardio every week

DO WHATEVER IS FUN.

THAT IS HOW YOU WILL STAY CONSISTENT

BREAK IT UP BASED ON YOUR SCHEDULE

EG. 30 MIN X 5 DAYS, 50 MIN X 3 DAYS, ETC.



Lift weights twice per week

EACH SESSION SHOULD HAVE:
SQUAT, HINGE, PUSH,
PULL,CORE



5 minutes of morning sunlight exposure

TAKE A QUICK MORNING WALK OUTSIDE
FOR 5 MINUTES IN THE MORNING. LOOK
TOWARDS THE SUN.



Eat 1g of Protein per pound of bodyweight

PROTEIN OPTIONS

1.CHICKEN BREAST

2.SALMON

3.EGGS

4. LEAN GROUND BEEF

5.BEANS AND LENTILS

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Eat Fiber

25g for women

38g for men

FIBER OPTIONS

1. BLACK BEANS
2. LENTILS
3. RASPBERRIES
4. BLACKBERRIES
5. CHIA SEEDS

