

Example Daily Routine

Every day is different. Different demands, rhythms, and distractions. This framework allows us to establish a baseline that will support us across different phases of intensity. To self-locate. To critically look at the rhythms of our days and adapt them

Map your typical day. What care routines keep you in rhythm on **typical** days?



Phase 1: Waking and Early Morning (Hours 1-4)

5:00 am - Wake, commute to/from gym (uninterrupted time to plan the day), workout (Functional/strength, biking, yoga, HIIT, TRX, trails, depending on the day, season, and energy levels)

7:00 - Ryze/Coffee, am routines (get kids dressed, fed, packed up, and out the door for school)

8:15 - Breathwork, Breakfast (aim for 25-30g protein), hydrate

8:30 - Creative work/Coaching calls

11:30 - Lunch (aim for 25-30g protein, greens/vegetables)

Phase 2: Midday through Evening (Hours 5-13)



Phase 3: Bedtime and Sleeping (Hours 14-24)
