

MORE GREAT DAYS

by AndyCore.com



Evening

Gear-Down

POWER TASKS - What 3 things did I do today AND what 3 things will do tomorrow to be healthy and massively productive?

RECHARGE - Either alone or with family/friends

POWER DINNER - lean protein, veggie, salad, and fruit cup

WATER - Shut down fluid intake two hours pre-bed

SUPPLEMENTS - Multi-vitamin, 1200mg Calcium, 1000mg flax seed oil

POWER PREP - Layout or pack tomorrow's exercise and work clothes, and breakfast items

SLEEP DEEP - One hour pre-bed darken environment and turn thermostat to 67 degrees

Wake Up Super Charge



POWER THOUGHT - "Everything I need to achieve my goals today is inside of me."

WATER - Chug 8oz of water upon waking / 30oz on desk

BODY POWER - Throw on exercise clothes and do interval workout - 5min warm up, 20min Interval (2min faster/1min easier), 4min cool down.

FOOD POWER - Breakfast Super Smoothie: whey protein powder, water, & fruit

SUPPLEMENTS - Multi-vitamin, 1500mg glucosamine, 1000mg flax seed oil

STIMULANT POWER - Max of 200mg Caffeine (12oz coffee)

REVIEW TODAY'S POWER TASKS



Mid-Morning

Energy Boost

POWER SNACK - Fruit (Apple)

RECHARGE - Walk into the sun or around the office

Lunch Recharge



POWER LUNCH - Healthy sandwich and/or salad and broth based soup

WATER - 30oz

RECHARGE - Go outside or walk around office

STIMULANT POWER - Max of 100mg Caffeine (24oz green tea or 6oz coffee)



3 P.M.

Power Zone

POWER SNACK - Energy Bar, fruit, or raw veggies

RECHARGE / BODY POWER - Body weight abdominal and knee strengthening exercises
