

40 DAY FORGE

NON-NEGOTIABLE DAILY TASKS



MORNING WATER

DRINK 24 oz. OF WATER AS THE 1ST THING YOU CONSUME FOR THE DAY (PREFERABLY WITH A SQUEEZE OF REAL LEMON)



DAILY MOTION - "EFD"

COMPLETE THE 5-7 MINUTE MOBILITY ROUTINE PROVIDED.
ALSO KNOWN AS THE "EFD" WHICH STANDS FOR "EVERY F'ing DAY!"



MEDITATION / BREATHING

PERFORM AT LEAST 10min OF MEDITATION, BREATHING EXERCISES, OR INTENTIONAL QUIET TIME. NO DEVICES UNLESS SPECIFICALLY BEING USED FOR THE PURPOSE OF THIS TASK.



COLD SHOWER

TAKE A 60-SECOND OR LONGER COLD SHOWER OR COLD PLUNGE.
RECOMMENDED AT THE END OF YOUR REGULAR SHOWER.



INTENTIONAL PHYSICAL ACTIVITY

PERFORM AT LEAST 40 CONSECUTIVE MINUTES OF INTENTIONAL PHYSICAL ACTIVITY ("IPA") THAT IS INTENDED TO CHALLENGE YOU. PRIMARILY REFERRING TO WORKOUTS, BUT WILL ALSO ACCEPT INTENTIONAL PRACTICE SESSIONS & PLAYING GOLF



PERFECT DIET & NO ALCOHOL

FIND A NUTRITION PLAN AND STICK TO IT! BE VERY CLEAR ON THE "DO'S" AND "DON'TS" OF YOUR PLAN.
NO CHEATING AND NO ALCOHOL!



GOLF SWINGS (R&L HANDED)

PERFORM 15 GOLF SWINGS BOTH RIGHT AND LEFT-HANDED WITHOUT A GOLF BALL.