

# HEAD STRONG

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## WEEKLY SCHEDULE



# ONE-TIME TWEAKS

## Set up your lights

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### At home

Unscrew your fluorescent or LED lights and replace them with incandescent lights. Better yet, change curtains and blinds to see how much natural light you can get.

### At work

If you have your own office, replace lights with incandescent bulbs. If you're in a shared space with fluorescent lighting, add an inexpensive strip of red lights above your workspace to counteract the blue light.

## Set up your sleep cave

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Invest in blackout curtains and cover all lights from chargers, clocks, etc. No matter how small it is, cover it.

## Maximize your technology

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Set up your computers, phones, TV, and other devices to emit less blue light. (Find tips on page 235 of Head Strong) Reduce the contrast while you're at it.

Limit alerts.

## Invest in tinted lenses

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Wear blue-blocking lenses whenever you're around fluorescent or LED light.

# BECOME HEAD STRONG IN AS LITTLE AS TWO WEEKS:

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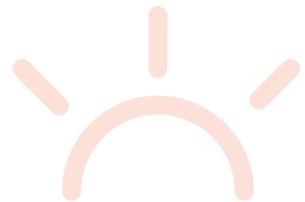
## WEEKLY SCHEDULE

### MONDAY

#### Morning

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- Cold shower or facial ice bath
- Mitochondrial meditation (how-to on page 250 of Head Strong)
- 10 minutes of sunlight



#### Afternoon

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- No more caffeine after 2:00 pm
- 10 minutes of sunlight
- HIIT-back exercise (see page 245 of Head Strong)



#### Evening

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- Dim the lights two hours before bed or switch to candles
- Do a breathing exercise



#### Before bed

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- Take 1 tablespoon of raw honey
- Turn off your Wi-Fi and router
- Put your phone in airplane mode
- Go to bed by eleven p.m.



# TUESDAY

## Morning

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- Cold shower or facial ice bath
- Mitochondrial meditation (how-to on page 250 of Head Strong)
- 10 minutes of sunlight



## Afternoon

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- No more caffeine after 2:00 pm
- 10 minutes of sunlight



## Evening

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- Dim the lights two hours before bed or switch to candles
- Do a breathing exercise



## Before bed

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- Take 1 tablespoon of raw honey
- Turn off your Wi-Fi and router
- Put your phone in airplane mode
- Go to bed by eleven p.m.



# WEDNESDAY

## Morning

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- Cold shower or facial ice bath
- Mitochondrial meditation (how-to on page 250 of Head Strong)
- 10 minutes of sunlight



## Afternoon

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- No more caffeine after 2:00 pm
- 10 minutes of sunlight



## Evening

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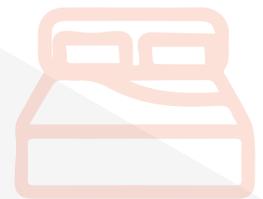
- Dim the lights two hours before bed or switch to candles
- Do a breathing exercise



## Before bed

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- Take 1 tablespoon of raw honey
- Turn off your Wi-Fi and router
- Put your phone in airplane mode
- Go to bed by eleven p.m.



# THURSDAY

## Morning

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- Cold shower or facial ice bath
- Mitochondrial meditation (how-to on page 250 of Head Strong)
- 10 minutes of sunlight



## Afternoon

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- No more caffeine after 2:00 pm
- 10 minutes of sunlight



## Evening

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- Dim the lights two hours before bed or switch to candles
- Do a breathing exercise



## Before bed

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- Take 1 tablespoon of raw honey
- Turn off your Wi-Fi and router
- Put your phone in airplane mode
- Go to bed by eleven p.m.



# FRIDAY

## Morning

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- Cold shower or facial ice bath
- Mitochondrial meditation (how-to on page 250 of Head Strong)
- 10 minutes of sunlight



## Afternoon

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- No more caffeine after 2:00 pm
- 10 minutes of sunlight
- Resistance workout (see page 246 of Head Strong)



## Evening

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- Dim the lights two hours before bed or switch to candles
- Do a breathing exercise



## Before bed

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- Take 1 tablespoon of raw honey
- Turn off your Wi-Fi and router
- Put your phone in airplane mode
- Go to bed by eleven p.m.



# SATURDAY

## Morning

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- Cold shower or facial ice bath
- Mitochondrial meditation (how-to on page 250 of Head Strong)
- 10 minutes of sunlight



## Afternoon

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- No more caffeine after 2:00 pm
- 10 minutes of sunlight



## Evening

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- Dim the lights two hours before bed or switch to candles
- Do a breathing exercise



## Before bed

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- Take 1 tablespoon of raw honey
- Turn off your Wi-Fi and router
- Put your phone in airplane mode
- Go to bed by eleven p.m.



# SUNDAY

## Morning

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- Cold shower or facial ice bath
- Mitochondrial meditation (how-to on page 250 of Head Strong)
- 10 minutes of sunlight



## Afternoon

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- No more caffeine after 2:00 pm
- 10 minutes of sunlight



## Evening

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- Dim the lights two hours before bed or switch to candles
- Do a breathing exercise



## Before bed

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- Take 1 tablespoon of raw honey
- Turn off your Wi-Fi and router
- Put your phone in airplane mode
- Go to bed by eleven p.m.

