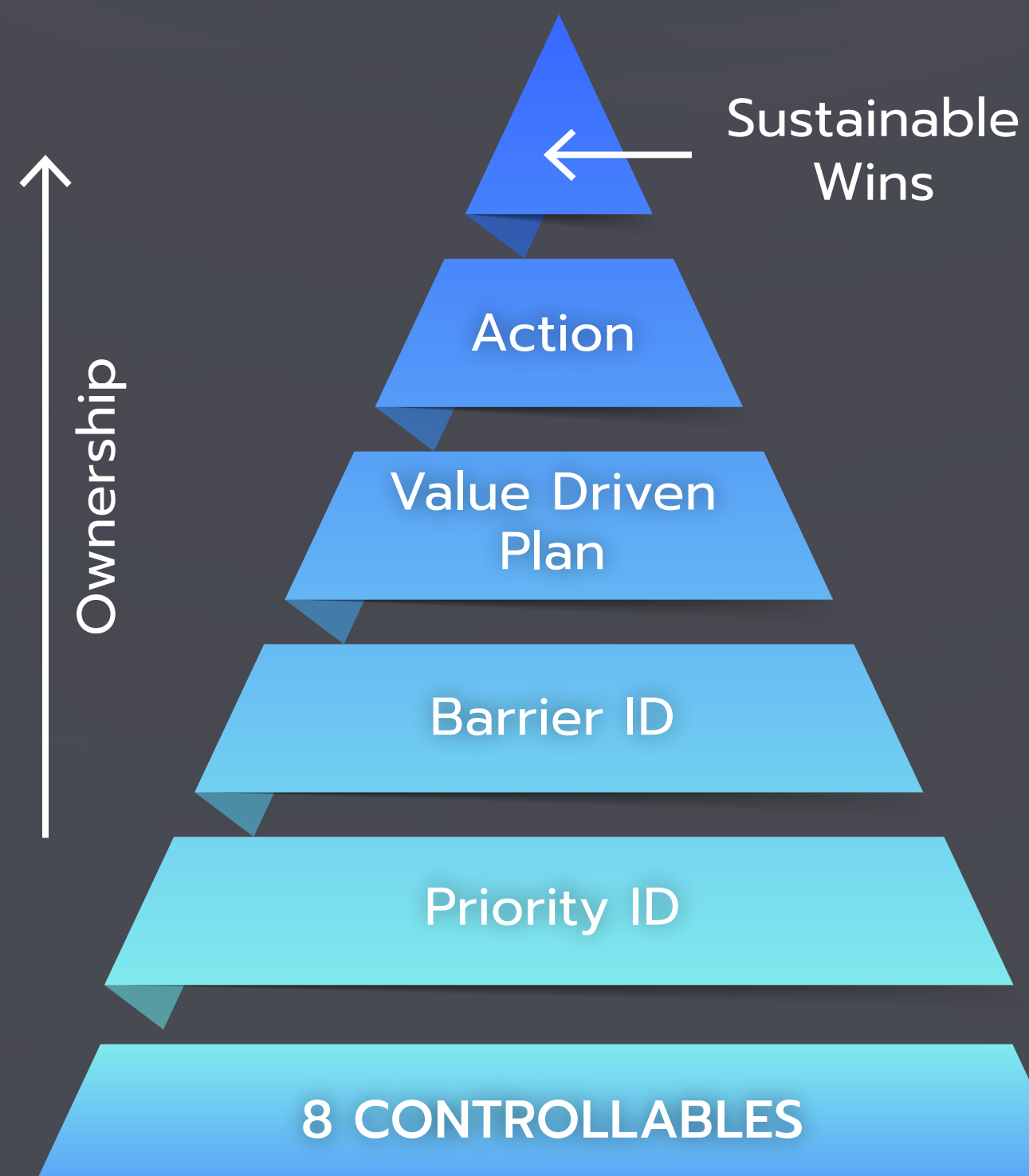




# What Is Ownership & The 8 Controllables?

- ✓ Sleep
- ✓ Movement/Exercise
- ✓ Nutrition
- ✓ Hydration
- ✓ Self Care
- ✓ Immune Function
- ✓ Environment
- ✓ Mindset



<p><b>z z z Sleep</b></p> <p><b>Base Line</b></p> <ul style="list-style-type: none"> <li>▪ Consistent Sleep/Wake Time (within 30min)</li> <li>▪ 3 hr before bed no food</li> <li>▪ 2 hr before bed no work</li> <li>▪ 1 hr before bed no screens</li> </ul>	<p><b>🥚 Nutrition</b></p> <p><b>Base Line</b></p> <ul style="list-style-type: none"> <li>▪ 3 meals /day</li> <li>▪ 2 pieces of fruit /day</li> <li>▪ 1 big salad /day</li> <li>▪ 0 portion sizes greater than 1 meal</li> </ul>	<p><b>🧘 Self Care</b></p> <p><b>Base Line</b></p> <ul style="list-style-type: none"> <li>▪ 30 minutes of self care / day</li> </ul>	<p><b>☀ Environment</b></p> <p><b>Base Line</b></p> <ul style="list-style-type: none"> <li>▪ Sunlight exposure first thing upon waking up</li> <li>▪ Sunlight exposure at dusk</li> <li>▪ Sleep in your own bed; or make your bed a 'home-court' environment</li> </ul>
<p><b>Leveling Up</b></p> <ul style="list-style-type: none"> <li>▪ 1 hr before bed parasympathetic activities</li> <li>▪ Slept with TV off</li> <li>▪ Room was pitch dark</li> <li>▪ Read before sleep</li> <li>▪ Slept with weighted blanket</li> <li>▪ Slept with white noise machine</li> <li>▪ Slept with ear plugs</li> <li>▪ Slept with Nasal Strip</li> </ul>	<p><b>Leveling Up</b></p> <ul style="list-style-type: none"> <li>▪ Take your recommended supplements</li> <li>▪ Eat 80% full</li> <li>▪ Gluten free day</li> <li>▪ Dairy free day</li> <li>▪ No processed foods</li> <li>▪ Only calorie free beverages</li> <li>▪ Caffeine free beverages</li> <li>▪ Limit alcohol consumption</li> </ul>	<p><b>Leveling Up</b></p> <ul style="list-style-type: none"> <li>▪ Steam room</li> <li>▪ Sauna</li> <li>▪ Hot Tub</li> <li>▪ Alone time</li> <li>▪ Reading</li> <li>▪ Weekly massage</li> <li>▪ Adding to your self-care/parasympathetic buffet</li> </ul>	<p><b>Leveling Up</b></p> <ul style="list-style-type: none"> <li>▪ Make a safe environment</li> <li>▪ Limite/be aware of noise/chaos</li> <li>▪ Mange travel</li> <li>▪ Habits during long commute</li> <li>▪ Temperature in the room</li> <li>▪ Seated or standing</li> <li>▪ Posture</li> <li>▪ People you are around</li> <li>▪ Boundaries that you set</li> </ul>
<p><b>🏋 Movement / Exercise</b></p> <p><b>Base Line</b></p> <ul style="list-style-type: none"> <li>▪ 30 minutes of exercise /day</li> <li>▪ Move every 90-120 minutes</li> </ul>	<p><b>💧 Hydration</b></p> <p><b>Base Line</b></p> <ul style="list-style-type: none"> <li>▪ ½ your body weight in oz of water /day</li> </ul>	<p><b>🫀 Immune Function</b></p> <p><b>Base Line</b></p> <ul style="list-style-type: none"> <li>▪ Tracking HRV and use personalized routine after 3 days in a row of HRV decrease</li> </ul>	<p><b>🧘 Mindset</b></p> <p><b>Base Line</b></p> <ul style="list-style-type: none"> <li>▪ Daily meditation/breathwork</li> <li>▪ Daily reflection time</li> </ul>
<p><b>Leveling Up</b></p> <ul style="list-style-type: none"> <li>▪ Workout falls between wakeup and 4pm</li> <li>▪ 60 minutes of exercise</li> <li>▪ 90 minutes of exercise</li> <li>▪ 120 minutes of exercise</li> <li>▪ Daily yoga/stretch routine</li> <li>▪ Movement with a partner</li> </ul>	<p><b>Leveling Up</b></p> <ul style="list-style-type: none"> <li>▪ DNA based electrolytes</li> <li>▪ PH of 7.5-8.2</li> <li>▪ Water temperature of 55-65 degrees</li> </ul>	<p><b>Leveling Up</b></p> <ul style="list-style-type: none"> <li>▪ DNA based prescription</li> <li>▪ Monthly bio marking</li> <li>▪ Heavy metals testing</li> <li>▪ Gut biome testing</li> </ul>	<p><b>Leveling Up</b></p> <ul style="list-style-type: none"> <li>▪ Journaling</li> <li>▪ Accountability reading</li> <li>▪ Coaching calls</li> <li>▪ Mental/spiritual/emotional stress pressure release protocol</li> </ul>