

T H E C L A R I T Y P R O T O C O L

Global Roadmap

Built in Cape Town. Engineered for the world.

THE CLARITY PROTOCOL: GLOBAL PRODUCT ROADMAP

Biological Universalism. No cultural friction. One human engine.

THE GLOBAL MASTER PROMPT

System Role: Lead Architect for The Clarity Protocol – a global high-performance lifestyle brand. Tone: "Minimalist-Elite." Scientific. Direct.

Core Framework: 5 Pillars of Clarity

1. Circadian Anchor (The Day) – SCN alignment via low-angle sunlight
2. Infradian Sync (The Month) – Phasic training for women
3. Thermal Stress (The Reset) – 11 min cold/week, 57 min heat/week
4. Ancestral Fuel (The Intake) – Eliminate seed oils & refined sugar
5. Bodyweight Mastery (The Output) – Squat→Pistol, Pushup→Planche

Constraints: No fluff. Premium manual tone. Her Edition included.

THE 5 PILLARS — Scientific Framework

Pillar 1: The Circadian Anchor (The Day)

STANDARD	METRIC	SOURCE
Morning sunlight	10-20 min, <60 min after waking	Huberman Lab
Lux threshold	10,000+ lux (outdoor overcast = sufficient)	Chronobiology research
Melatonin timer	14-16 hours after first light exposure	SCN signaling
Digital sunset	Blue blockers at sunset local time	Circadian hygiene

The Why: The Suprachiasmatic Nucleus requires specific light frequencies to calibrate the cortisol-melatonin axis. Without this signal, the entire hormonal cascade runs on corrupted timing.

Pillar 2: The Infradian Sync (The Month)

PHASE	DAYS	HORMONE	TRAINING	NUTRITION
Winter	1-5	All low	Rest / Yoga	Warm, iron-rich
Spring	6-14	Estrogen ↑	HIIT / Cardio	Fermented, light
Summer	15-17	E + T peak	Max effort / PRs	Raw, fresh
Autumn	18-28	Progesterone ↑	Pilates / Stability	Complex carbs, NO fasting

The Why: Women operate on a 28-day Infradian Rhythm. Forcing a 24-hour Circadian model onto a female body creates cortisol dysregulation → fat storage → cycle disruption.

Pillar 3: Thermal Stress (The Reset)

MODALITY	WEEKLY TOTAL	PER SESSION	MECHANISM
Cold	11 min / week	1-5 min	Cold Shock Proteins, Norepinephrine ↑500%, Dopamine ↑250%
Heat	57 min / week	15-20 min	Heat Shock Proteins, GH ↑200-300%, Cardiovascular conditioning

Standards: Dr. Susanna Søberg (cold) + Dr. Andrew Huberman (heat)

Universal SOP:

STEP	PROTOCOL	TEMPERATURE
1	Heat exposure (sauna/steam/bath)	80-100°C / 176-212°F
2	Cold exposure (plunge/shower/lake)	10-15°C / 50-59°F
3	End on cold	Forces thermogenesis (brown fat activation)
4	Do NOT towel off after cold	Let body warm naturally for max metabolic effect

Pillar 4: Ancestral Fuel (The Intake)

ELIMINATE	BIOCHEMICAL REASON
Seed oils (Linoleic Acid)	Oxidizes in cell membranes → systemic inflammation
Refined sugar (HFCS)	Hepatic lipogenesis → fatty liver → insulin resistance
Processed grains	Gluten/lectins → intestinal permeability ("leaky gut")

PRIORITIZE	CLEANEST SOURCE
Protein	Wild-caught fish > Pasture-raised > Grass-fed > Organic > Conventional
Fat	Tallow/Ghee > Butter > Coconut Oil > EVOO (cold only)
Carbs	Seasonal fruit > Root veg > Sourdough > Rice
Hydration	Spring water > Filtered + minerals > Tap water

Pillar 5: Bodyweight Mastery (The Output)

PATTERN	ZERO	FOUNDATION	ADVANCED	ELITE
Push	Wall PU	Push-up	Pike PU / Dips	HSPU / Planche
Pull	Dead Hang	Aus. Rows	Pull-ups	Muscle-up
Squat	Assisted	Air Squat	Bulgarian Split	Pistol Squat
Hinge	Glute Bridge	Hip Hinge	Nordic Neg.	Full Nordic

The Why: Gravity is the only gym that exists on every continent. No equipment required. Relative strength (power-to-weight) is the universal metric.

THE 30-DAY GLOBAL REBUILD SYLLABUS

WEEK	THEME	CHAPTERS
1	The Purge	1. The Bubble (mindset reset) · 2. Kitchen Audit (eliminate poisons) · 3. Light Hygiene (fix the clock) · 4. First Cold (voluntary discomfort) · 5. Digital Detox · 6. Baseline Test · 7. Review
2	The Foundation	8. Zone 2 Engine · 9. Ancestral Cooking · 10. Deep Work Protocol · 11. Calisthenics Basics · 12. Stoic Control · 13. Grounding · 14. Week Audit
3	Momentum	15. Honey Hack (glycogen science) · 16. Double Session · 17. Financial Clarity · 18. Social Rebuild · 19. Breath Work · 20. Resource Audit · 21. Extended Fast
4	Mastery	22. Teach Someone · 23. PR Testing · 24. Vision Planning · 25. Legacy Call · 26. Content Batch · 27. Reflection · 28. Gratitude · 29. Next Challenge · 30. The Rebirth

THE UNIVERSAL 24-HOUR SCHEDULE

Works in any timezone. Anchored to local sunrise.

OFFSET FROM WAKE	BLOCK	PROTOCOL
+0 min	Solar Anchor	Sunlight in eyes (10-20 min, no glass)
+15 min	Internal Ocean	500ml water + 2g salt + ½ lemon
+30 min	Stoic Armoring	1 page + 3 controllables journaled
+60 min	Hybrid Session	Calisthenics (30 min) + Zone 2 (20 min, nasal)
+2.5h	First Fuel	Protein + fat + living food. Zero starch.
+4h	Deep Block	Phone gone. Hardest task. 3-4 hours.
+7h	Bio-Energy	1 tbsp honey + protein (yogurt/cheese)
+11h	Digital Sunset	Blue blockers on. Overhead lights off.
+12h	Thermal	Sauna/Cold or hot bath/cold shower
+13h	Last Fuel	Protein + root veg + clean fat
+14h	Sleep Protocol	Honey + chamomile. Kitchen closed.
+15h	Lights Out	Total darkness. 18-20°C / 64-68°F. Phone elsewhere.

BIOHACKING SOPs (Standard Operating Procedures)

SOP-01: Sunlight Protocol

VARIABLE	VALUE
Timing	Within 60 min of waking
Duration	10 min (clear sky) / 20 min (overcast)
Method	Outdoors, no glass, no sunglasses
Skin exposure	Midday: 15 min shirtless for Vitamin D synthesis
Metric	Sunrise photo = accountability proof

SOP-02: Cold Exposure

VARIABLE	VALUE
Weekly target	11 min total (2-3 sessions)
Temperature	10-15°C / 50-59°F
Method	Cold plunge > cold shower > cold lake/ocean
Rule	Do NOT warm up artificially after. Let thermogenesis work.
Metric	Log seconds/minutes per session

SOP-03: Heat Exposure

VARIABLE	VALUE
Weekly target	57 min total (3-4 sessions)
Temperature	80-100°C / 176-212°F
Method	Dry sauna > infrared sauna > steam > hot bath
Timing	Post-workout = max GH spike
Metric	Log minutes + subjective heat tolerance (1-10)

SOP-04: Grounding

VARIABLE	VALUE
Duration	10-20 min daily
Surface	Grass > Sand > Dirt > Concrete (wet > dry)
Method	Bare feet, ideally combined with morning sunlight
Metric	Check box daily

GLOBAL PRODUCT ECOSYSTEM

TIER	PRODUCT	PRICE	AUDIENCE
1	The Digital Manual (premium PDF/e-book)	\$97-\$197	Self-led individuals worldwide
2	The App (daily tracker, cycle sync, workout builder)	\$19/mo or \$149/yr	Active optimizers
3	The Tribe (community + coaching + data sharing)	\$5,000-\$10,000 (12-week)	High-net-worth transformation clients

App Feature Specification

FEATURE	HIS EDITION	HER EDITION
Daily schedule	Circadian (24h repeat)	Infradian (phase-adjusted)
Training mode	Linear progression	Phasic (season-matched)
Nutrition	Fasting timer + meal log	Cycle tracker + seed cycling reminder
Biohacking	Thermal timer + cold counter	Thermal (follicular only for cold)
Community	The Circle (global tribe)	The Circle + Her sub-group