

Reil – 3 Week Life System Schedule (Winter Break)

Week 1

Daily Morning Anchor (6:00–7:30 AM)

Wake • Hydrate • Light movement or stillness • Get ready • Breakfast container

Work Block

8:00 AM – 12:00 PM Work

12:00 – 1:00 PM Lunch + reset

1:00 – 5:00 PM Work

Training Window (Workout Days)

5:45 – 7:00 PM Training

Evening Wind-Down

Dinner • Decompression • Prep for next day

Bed Window

10:30 – 11:30 PM

Week 2

Daily Morning Anchor (6:00–7:30 AM)

Wake • Hydrate • Light movement or stillness • Get ready • Breakfast container

Work Block

8:00 AM – 12:00 PM Work

12:00 – 1:00 PM Lunch + reset

1:00 – 5:00 PM Work

Training Window (Workout Days)

5:45 – 7:00 PM Training

Evening Wind-Down

Dinner • Decompression • Prep for next day

Bed Window

10:30 – 11:30 PM

Week 3

Daily Morning Anchor (6:00–7:30 AM)

Wake • Hydrate • Light movement or stillness • Get ready • Breakfast container

Work Block

8:00 AM – 12:00 PM Work

12:00 – 1:00 PM Lunch + reset

1:00 – 5:00 PM Work

Training Window (Workout Days)

5:45 – 7:00 PM Training

Evening Wind-Down

Dinner • Decompression • Prep for next day

Bed Window

10:30 – 11:30 PM