

## **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