

# Reil – Master Life System Overview

This master document captures the full life system: - Nutrition system (meal prep, portions, cooking flow) - Training sync (4-day split) - Lifestyle rhythm (work, sleep, recovery) - Progress tracking (non-scale based) - App philosophy: personalized balance based on identity and goals

## **Core Philosophy**

This system helps people find direction, balance, and center based on who they are. It adapts to the user rather than forcing rigid rules. Spiritual practices, meditation, and astrology are optional layers defined by the individual.