



Daily Performance Checklist



Weekly defaults (quick reference)

- **Monday:** Full day (100/100/100 + full plank), cold 2–3 min
 - **Tuesday:** Volume control + **wall sit** (70/70 + wall sit), cold 1–2 min
 - **Wednesday:** Recovery bias (40–50/40–50 + short wall sit), cold optional ≤ 1 min
 - **Thursday:** Strength quality (60 tempo/pause + 60 lunges), cold 1–2 min
 - **Friday:** Full day (100/100 + legs choice), cold 2–3 min
 - **Saturday:** Active recovery (walk + optional light), mobility longer
 - **Sunday:** Reset (walk only), mobility optional
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Morning (4:30–6:30 AM)



Wake

- ☐ Wake up (4:30 AM)
 - ☐ Hydrate (water + pinch of salt if needed)
 - ☐ Light exposure (lamp / outside)
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Wim Hof Breathing

- ☐ Rounds today: ☐ 4 ☐ 3 ☐ 2 ☐ 1
 - ☐ Calm nasal breathing after (1–2 min)
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Training Block

- ☐ Pushups: ☐ 100 ☐ 70 ☐ 60 ☐ 40–50
 - ☐ Pullups (band): ☐ 100 ☐ 70 ☐ 60 ☐ 40–50
 - ☐ Legs:
 - ☐ Lunges
 - ☐ Wall sit
 - ☐ 45s
 - ☐ 60s
 - ☐ 90s
 - Rounds: ☐ 1 ☐ 2 ☐ 3
 - ☐ Plank: ☐ Full ☐ Reduced ☐ Short
 - ☐ Nasal breathing only
 - ☐ Stop with reps in reserve (no failure)
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Cold Plunge

- ☐ No
- ☐ 1 min

- ☐ 2 min
 - ☐ 3 min
 - ☐ Calm breathing
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Transition to Work

- ☐ Sit (5–15 min)
 - ☐ Identify top 3 work priorities
 - ☐ Leave home by 6:30 AM
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Evening (Restore & Sleep Prep)

Mobility (10–15 min)

- ☐ Neck Controlled Articular Rotations (CARs)
 - ☐ Thoracic rotations
 - ☐ Hip flexor stretch
 - ☐ 90-90 hips
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Downshift

- ☐ Nasal breathing (2–3 min)
 - ☐ Low light
 - ☐ No rushing / no intensity
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Daily Self-Check

- ☐ Joints feel OK
- ☐ Energy stable
- ☐ Mood calm
- ☐ Sleep readiness good

If not:

- ☐ Reduce volume tomorrow
 - ☐ Swap lunges → wall sits
 - ☐ Fewer Wim Hof rounds
 - ☐ Skip cold plunge
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Weekly Rules

- ☐ Monday & Friday = Full days
- ☐ Tuesday & Thursday = Medium days
- ☐ Wednesday = Recovery bias
- ☐ Saturday = Active recovery

- ☐ Sunday = Reset
- ☐ Every 4th week = -20-30% volume