

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week							
Physical							
2 sets of pushups every day							
Minimum 10 min of stretching every day							
No refined sugars; 5 days/wk							
KSMO three times							
Dance minimum 30 min							
Do taiji form at least once every day							
8 hours of sleep at least x3							
Spiritual							
Min. 30 min spiritual practice (x4)							
Min. 60 min spiritual practice (x3)							
Minimum 0,5 hours in nature a week							
Mental/intellectual							
Go to bed before 11.30pm x3							
Study for minimum 20 minutes x7							
Energy management							
Do dishes before bedtime							
Don't use phone in bed							
Check e-mail only at 9am, 4pm and 9pm							
At work at 09.30 at least once a week							
Emotional/social							
Go out at least twice a week (bar/cafe)							
Call minimum three friends a week							
Mission							
Minimum 8 hours of work on MM							

Read the blog post here: <http://www.masculinity-movies.com/blog/an-introduction-to-using-a-list>

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