

MY WIFE THINKS I'M CRAZY BUT IT WORKS

MY21DAYX – DECEMBER 2013

100% PRIMAL

Ground Rules for the Experiment

- **Nutrition**

No grains (including corn), sugar, industrial seed oil (soybean, cotton, canola, sunflower, safflower), no beans/legumes (including peanuts)...this basically means no processed food. **If you do, read the ingredients label!**

Less than 150 grams of carbohydrates a day

TRACKING METHOD: [Livestrong](#)

- **Sleep**

6-8 hours per night

- **Stress Management**

5-10 minutes of meditation, tai chi, yoga, journaling, or breathing every morning and every evening

TRACKING METHOD: [Virgin Pulse](#)

- **Sprint & Lift Heavy Things – Move a Lot**

2-3 workout days (weights or bodyweight)

1 15-20 minute sprint day

Minimum 10,000 steps everyday

TRACKING METHOD: [Virgin Pulse](#)

- **Sunshine / Vitamin D**

15-30 minutes in the sun every day or supplement

- **Social Interactions & Play**

Hang out with friends, family, wife and kids every day for at least 30 minutes

- **Smart Supplementation**

Take a [multivitamin](#) and a [broad-spectrum antioxidant](#) everyday

Take additional recommended supplements based on my nutritional gaps