

Lift. Move. Walk. Push. Be there.

The complete system for getting your strength, energy, and presence back on broken sleep. Every session in a 15-minute Baseline and a Full session, written for whatever gear you've got. No streaks. No day one. Nothing to fail.

LIFT	ENGINE	STEPS	PUSH	PRESENT
×2	×2	7K/day	×1	×7

It all counts.

Five minutes of reading. Then we train.

I'm Tony. Personal trainer by trade, veteran, two kids and the sleep that comes with them, and I built this system because nothing on the market survives contact with a newborn, a job, and a 3am feed. This will. It's the exact system I use: the bar always leaves two reps in the tank, the one hard day gets a number worth chasing, recovery is part of the training, and the week bends without breaking.

How to use this guide

- 01** **Read page 3.** That's the whole Week on one page. If you only ever read one page, that's it. Put it on the fridge.
- 02** **Find your gear row.** Every strength session has one line for your setup: nothing, dumbbells, garage gym, or gym membership. Ignore the other rows. They're not for you.
- 03** **Start any day.** There's no Monday rule and no day one. Do the first session the next time you have 15 minutes. That's the Week started.

What you need

Nothing, honestly. The zero-equipment rows use your body, a backpack, and a kid. Your phone already counts steps. A heart-rate monitor is the one gadget worth owning here: it keeps the engine sessions honest (page 8 gives you the number). Don't have one? The talk test works from day one. The only non-negotiable is honesty about the night you had.

The deal I'll make with you: I will never ask for more than your life can give that week. In exchange, you don't quit over a bad week, because there's nothing to quit. The count never goes backward. It only climbs.

The Hybrid Dad Week

CHECK	THE ASK	BASELINE VERSION	FULL SESSION	WHAT IT BUILDS
LIFT ×2	Two strength sessions: A (hinge + push) and B (squat + pull), pages 6 and 7	15 min. One honest block per pattern, reps left in the tank	35 min. Four working sets per pattern, heavier, same rule	Muscle that carries kids, posture, bone, the next 40 years
ENGINE ×2	Two easy-pace sessions, conversational the whole way	30 min brisk walk, stroller counts	45 to 60 min run, bike, ruck, swim, hike	The base: resting heart rate, all-day energy, mood
STEPS 7K	7,000 a day, scored by the week (49,000 by Sunday). 10K is a bonus, not the bar	Hallway pacing at 3am counts. All of it counts	Same, plus Saturday's long outing banks a pile of them	The one habit that survives every season of dad life
PUSH ×1	One hard effort on a 10-minute clock, scored in rounds, page 10	Skip it after two brutal nights. That's the design	Hills, bike intervals, or heavy carries	Your top gear: the fitness marker most tied to living long
PRESENT ×7	One undivided moment with your kids, every day, page 11	10 min , phone in another room	As long as they'll have you	The reason for the other four checks

WHAT YOU DO · **GETS COUNTED** WHAT YOU MISS · **COSTS NOTHING** NO WEEK · **PASSES OR FAILS**

Every session you do stacks your lifetime count, and the count only ever goes up. Sunday night, fill your card on the tracker (page 15), and if you're on Instagram, post your card and tag [@thewholedadproject](#). A week run in the Baseline column gets the same respect as a week run in the Full one. That's the whole brand.

Here's what it looks like on real days

This layout is a suggestion, not a rule. Move days freely: the Week doesn't care which days, only that they happen by Sunday night. Steps and PRESENT run every day underneath everything.

The shape has reasons, and it's the same shape Tony's own week runs. LIFT A opens the week with an easy ENGINE day behind it. PUSH sits midweek as the one hard day, with a rest day right after it, so pick something that spares the legs: a bike, a hill, heavy carries. LIFT B lands Friday on fresh legs. And Saturday holds the week's longest easy outing, because Saturday is when dads actually get a morning.

MON	TUE	WED	THU	FRI	SAT	SUN
LIFT A	ENGINE	PUSH	REST	LIFT B	LONG ENGINE	THE CARD
15 or 35 min, your gear row	30+ easy, talking pace	10-min clock, one number, only if the sleep was there	Steps catch-up day. Present still counts	15 or 35 min, your gear row	Your longest easy outing: walk, ruck, bike, hike, stroller march	Count the week. Nothing else

The readiness gate

Read it in the morning, before the day gets a vote, and answer it honestly. The floor is fifteen minutes and it never moves. The gate only ever decides the ceiling.

GATE	WHAT YOU WOKE UP WITH	WHAT TODAY CAN HOLD
GREEN	Seven hours or more, resting heart rate where it usually sits, you want to train	Full column, and PUSH is where you go after the number
AMBER	Five and a half to seven hours, one wake-up, a bit flat but functional	The session as written. Run PUSH, don't hunt a best
RED	Under five and a half hours, several wake-ups, short fuse by 8am	Baseline column, no hard work. Shrink the day, don't skip it

When the week goes sideways (it will)

Sick kid Tuesday? ENGINE slides into Thursday's rest slot. Travel Friday? LIFT B becomes the hotel-room row, Baseline column, 15 minutes between the bed and the window. Two brutal nights? PUSH gets skipped without a second thought and there's no total to fall short of, which is the system working, not you failing. Rained-out Saturday? The long ENGINE shrinks to a 30-minute stroller loop and the circle still fills. The move is always the same: **do the smallest thing that counts.**

The two rules under everything: different risks get different rules. Under a loaded bar, two honest reps stay in the tank on every set, and that's how training survives decades instead of Januarys. On PUSH there's no bar and nothing to hold back: the clock is the brake, so go find out what your number is. And pick your column by the night you actually had: choosing Baseline on a rough day is the strong move, not the weak one.

Why the bar gets the stricter rule: a barbell charges you for a bad last rep with a torn-up shoulder and six months off, and missing six months is worse than progressing 5 percent slower. A ten-minute clock charges you for a bad last round with a hard week. Same effort, different bill. That's why one gets a reserve and the other gets a timer.

What the first four weeks actually feel like

WEEK 1

Everything feels rusty. That's the point of Baseline. Sessions feel almost too easy. Let them. You're re-teaching patterns, not proving anything. Expect one day to fall apart completely; run the sideways-week protocol (page 4) and keep the count.

WEEK 2

Soreness shows up, then fades faster than you remember. The walks start feeling less like a chore and more like the only quiet part of the day. Keep the engine sessions honestly easy; the urge to speed up is the first trap.

WEEK 3

Sleep pays out first. Before strength, before the mirror: deeper sleep on training days, a softer 2pm crash, a shorter fuse getting longer. This is the week most guys quietly stop wanting to skip.

WEEK 4

The count becomes real. Four weeks on the card, however each one went, loads that already need nudging up, and a PUSH number you've beaten at least once. Nobody else can see the difference yet. You can feel it on the stairs. That's the long game starting.

What NOT to expect: a transformation photo in 28 days. This system trades the 90-day shred story for compounding you keep. The guys chasing the shred will lap you in month one and be gone by month four. You'll still be here, because there's nothing here to quit.

BASELINE

15 MIN

- 3:00** **Wake up**
Glute bridges, easy squats, hip openers. Slow on purpose.
-
- 4:00** **Hinge**
8 at a time, rest, repeat. Stop with reps left.
-
- 4:00** **Push**
8 at a time. Same deal: leave a couple in the tank.
-
- 3:00** **Carry**
Grab the heavy thing and walk.
-
- 1:00** **Walk it off**
Done. Mark it.

FULL

35 MIN

- 5:00** **Wake up**
Same moves, two rounds, plus 60 seconds easy cardio.
-
- 9:00** **Hinge**
3 sets of 8, heavier, 90 seconds rest. Two in the tank every set.
-
- 8:00** **Push**
3 sets of 8, same rules. Superset a light row if time is tight.
-
- 4:00** **Single-leg hinge**
2 sets of 8 a side, light, slow on the way down. Hips stay square.
-
- 5:00** **Carry + core**
2 rounds: 40-yard carry, 30-second plank.
-
- 2:00** **Balance**
Stand on one leg, 30 seconds a side. Fingertips on the wall until you don't need them.
-
- 2:00** **Walk it off**
Easy. Let the heart rate come down.

FIND YOUR ROW · YOUR GEAR, YOUR VERSION

NOTHING	Hinge: single-leg glute bridge · Push: pushups, knees or wall on rough nights · Single-leg hinge: single-leg hip hinge, arms out wide · Carry: loaded backpack or the kid · Balance: single-leg stand, eyes closed once it's easy
DUMBBELLS	Hinge: DB Romanian deadlift · Push: DB floor or bench press · Single-leg hinge: B-stance DB RDL · Carry: farmer carry, one bell or two · Balance: single-leg stand holding a DB
GARAGE GYM	Hinge: trap bar or kettlebell deadlift · Push: bench press, reps in the tank · Single-leg hinge: B-stance or single-leg RDL · Carry: farmer handles or heavy KBs · Balance: single-leg stand on a balance pad
GYM	Hinge: RDL or trap bar · Push: DB bench or machine press · Single-leg hinge: single-leg DB RDL · Carry: heaviest DBs on the rack, walk the floor · Balance: single-leg stand on a pad or BOSU

HOW IT SHOULD FEEL

Hinge: butt back, soft knees, weight sliding down your thighs. Hamstrings load like rubber bands. If your lower back is doing the talking, reset.
Push: whole body one straight plank, elbows about 45 degrees. **Carry:** stand tall like both kids are watching, set it down before your grip quits.
One leg: hips level, toes forward. If you tip, shorten the range and keep going.

Weight rule (the whole progression): pick a load where 8 feels like you could do 10 or 11. When every set feels that way two weeks running, nudge it up. The bar never goes to failure: no maxing, no PRs, ever. The number you chase lives on PUSH, page 10.

BASELINE

15 MIN

3:00	Wake up Same as A: bridges, squats, hips. It works. Keep it.
4:00	Squat 10 at a time. Kid on your hip counts as weight.
4:00	Pull 8 at a time, with whatever pulls back.
3:00	Brace Anti-rotation hold or plank. Slow and controlled.
1:00	Walk it off Done. Mark it.

FULL

35 MIN

5:00	Wake up Two rounds plus 60 seconds easy cardio.
9:00	Squat 3 sets of 8 to 10, two in the tank, 90 seconds rest.
8:00	Pull 3 sets of 8. Squeeze, don't yank.
5:00	Single leg + brace 2 rounds: 8 split squats a side, anti-rotation hold.
4:00	Carry One heavy thing, one hand. Walk tall, swap sides halfway.
2:00	Balance Stand on one leg, tap the free foot out front, stand back tall. 30 seconds a side.
2:00	Walk it off Easy out.

FIND YOUR ROW · YOUR GEAR, YOUR VERSION

NOTHING	Squat: bodyweight or kid-on-hip squat, sit-to-stands on rough nights · Pull: backpack rows, towel rows on a sturdy table · Brace: plank, slow marches · Carry: loaded backpack in one hand, suitcase style · Balance: single-leg reach, fingertips on a wall
DUMBBELLS	Squat: goblet squat · Pull: one-arm DB row · Brace: suitcase hold, one heavy DB, stand tall · Carry: suitcase carry, one DB · Balance: single-leg reach holding a light DB
GARAGE GYM	Squat: goblet or back squat, reps in the tank · Pull: barbell row, ring row, or pull-ups · Brace: landmine rotation or band Pallof press · Carry: one farmer handle or heavy KB, one side · Balance: single-leg RDL to balance, light
GYM	Squat: goblet, hack, or leg press · Pull: cable row or lat pulldown · Brace: Pallof press at the cable stack · Carry: one heavy DB, walk the floor, swap hands · Balance: single-leg reach, light DB

HOW IT SHOULD FEEL

Squat: sit down between your heels, chest proud, whole foot on the floor. Depth you own beats depth you rent. **Pull:** lead with the elbow, squeeze the shoulder blade at the end, no yanking. **Brace:** the win is NOT moving. If nothing's shaking a little, hold longer. **One-hand carry:** the load pulls you sideways; don't let it show.

Hotel room? Session A or B, Nothing row, Baseline column. Fifteen minutes between the bed and the window. It counts the same, and you know it does.

Easy, on purpose. That's the entire skill.

Two sessions a week, 30 to 60 minutes, at a pace you could hold a conversation through. This is the aerobic base: the engine your energy, mood, patience, and recovery all run on. It feels too easy for about three weeks. Then your resting heart rate drops, the 2pm crash softens, and the stairs with the car seat stop being cardio.

THE NUMBER · WEAR THE STRAP IF YOU OWN ONE

A heart-rate monitor is the one piece of gear this system genuinely recommends: a chest strap is best, a watch is fine. Your ceiling for these sessions: **180 minus your age** (36 years old = stay at or under about 144). Drift over it, walk until it comes back down, then carry on. **No monitor?** Two field checks: you can speak full sentences out loud, and you could switch to nose-only breathing for a minute without panic. Fail either one, slow down. Yes, slower than that.

The burnout math (read this twice): a little too fast feels productive, but it recovers like a real workout. Run your easy days in that middle zone and you end up too tired to lift, too slow to improve, and out of the system by week six. That's the number one way dads burn out, and it's why pace discipline IS the training on these two days. Slower builds the base. The base is what makes everything else work.

PICK YOUR SESSION · BOTH WEEKLY SLOTS, ANY MIX	
BASELINE	30-minute brisk walk. Flat or hills, stroller counts, and a 20 to 25 lb backpack turns it into a ruck when you want more without going faster.
FULL · STEADY	40 to 60 minutes of run, bike, ruck, row, or swim at your number. One continuous block. Finish feeling like you could do it again tomorrow, because that's the proof it was easy enough.
FULL · RETURN TO RUNNING	The comeback protocol: repeat 4 minutes walking + 2 minutes easy jogging for 40 minutes. Each week move one minute from the walk to the jog (3/3, then 2/4, then 1/5). When 1/5 feels boring, run steady and you've earned the row above.
THE LADDER	Progress one dial at a time: minutes first (add 5 per session each week until you're near 60), then an optional third session, and pace dead last, after about 8 weeks of base. Never two dials in the same week.

Your report card is your resting heart rate, not the mirror: check it one morning a month, before coffee. Watching it fall 5 to 8 beats over a season is the base being built, on paper, in your own handwriting.

7,000 a day.
Scored by the week.

The bar is 7,000 a day, scored as 49,000 by Sunday night. Quick honesty note: the famous 10,000 was a 1960s pedometer ad, not science. The 2025 Lancet meta-analysis of 160,000 people found 7,000 a day captures almost all of the benefit, including a 47 percent lower risk of cardiovascular death versus 2,000, and every extra thousand steps tracks about 9 percent lower depression risk. So 7,000 is the bar and 10K is a bonus, never the price of admission.

The weekly total is the forgiveness built in. A newborn Tuesday at 4,000 gets made up by a Saturday at 11,000, and the circle still fills. Stroller laps count, and so does the hallway pacing at 3am and the far end of the parking lot. Your phone in your pocket tracks all of it; no wearable required.

WHERE DADS ACTUALLY FIND THEM

THE COMMUTE	Far parking, the stairs, off the train one stop early. 1,500 steps hiding in plain sight.
THE CALLS	Any call that doesn't need a screen is a walking call. A 30-minute one is 3,000 steps.
THE KIDS	The stroller nap loop, the toddler's wandering lap of the block, carrying the baby around the house at 3am. Some of your biggest step days will be your worst nights.

Why walking is scored and not suggested: it's the one piece of training that survives every season of dad life: injury, travel, newborns, deadlines. It never gets removed from the system. Not this one, not the ones after it.

Ten minutes on a clock. Count the rounds. That's the number.

Your top gear (what the lab coats call VO2 max) is one of the strongest predictors of how long and how well you live, and it rusts shut if you never visit it. Visiting once a week is enough. Living there is how guys our age get hurt. This is the one session in the Week that carries a number, and the number is only ever compared to your own.

Set a 10-minute clock, pick one of these three, and rest as much as you need between rounds. Count the rounds you finish before the clock runs out, and write that number on the tracker. Pick the same one every week for the four weeks on that card, because a number you can beat is a number that stayed the same.

HILLS

One round: hard up a hill for 60 seconds, stroll back down. Count the trips. Stroller-compatible.

BIKE

One round: 1 minute hard, then easy until you're ready to go again. Count the hard minutes. Any bike, including the dusty one.

CARRIES

One round: the heaviest carry you own, 40 yards. Count the lengths. Grip, legs, lungs.

HOW IT SHOULD FEEL

Hard means breathing you can hear and legs that complain, not a max effort with your eyes crossing. The clock is the limit, not your willingness to suffer: when it runs out you stop, whatever the number says. Chasing one more round after the buzzer is how a 10-minute session costs you the week.

Read the gate first (page 4, non-negotiable): a red morning means no PUSH that week. Skip it entirely, don't move it to another day, and don't think about it again. A week that skips it for recovery is the system working exactly as designed. Hard efforts on wreckage are how 35-year-olds buy 6-week injuries.

Ten minutes. Phone in another room. Every day.

This is the mark no fitness plan has, and it's the one your kids will actually remember. It's not meditation homework and it's not a parenting lecture. It's one undivided moment a day, scaled to whoever you've got:

-
- 0 TO 2** **Floor time.** Get down on their level, no agenda. The 3am feed with your phone in the other room counts, and you already know it's a different feed when it does.
-
- 3 TO 9** **Their game, their rules.** Ten minutes of whatever they're into, without steering it. You're a guest in the fort. Act like it.
-
- 10 TO 15** **A real conversation.** Not "how was school." Ask something you don't know the answer to, then actually wait for it.
-
- 16 PLUS** **The shotgun seat.** Drive somewhere together, eyes forward, no interrogation. Teenagers talk sideways, not head-on.
-

Why it's scored with the workouts

Because it's the same skill. Showing up for a 15-minute session on no sleep and showing up for ten undivided minutes at the end of a long day are the same rep: doing the small thing anyway. And the research backs the design: for kids, the quality of a dad's attention predicts more than the raw hours, and phones-out distracted parenting measurably works against it. Ten minutes is the floor we chose so it survives your worst day. Strong and absent was never the goal.

One question a week: every Sunday letter ends with one question worth sitting with: about the tired, the patience, the stuff dads don't say out loud. Reply if you want; a lot of guys do. Writing it down is the rep.

The workout is the trigger. Food is the result. Two rules hold at once here. One: no forbidden foods and no cheat-day guilt, because food morality is how every diet ends. Two: no guessing, because without measuring you're hoping. Tony weighs his food and logs it in Cronometer; do it for two weeks and you'll know your real numbers for life. The three targets:

PROTEIN	About 1 gram per pound of your goal bodyweight, daily. The research plateau sits near 0.7 g/lb, so 1 per pound is the simple number with margin. Eggs, chicken, beef, fish, Greek yogurt. No scale handy? A big palm of protein at every meal gets close.
FIBER	30 grams a day, on purpose. Oats, beans, berries, vegetables, chia. Straight talk: colon cancer is showing up in men our age, and fiber is one of the few things with real evidence behind it. Screening starts at 45. Go get it. We'll keep saying it.
WATER	A 40-ounce bottle, filled twice, gone by dinner: about 2.5 liters. That's where the research lands for men. The 3am feed runs on water, not a third coffee. Even mild dehydration drags mood and focus; the 2pm dip is mostly your body clock, but being dry makes it meaner.

Six meals on autopilot

- Eggs + oats.** Three eggs, oats with berries and chia. Protein and fiber before the chaos starts.
- The yogurt bowl.** Greek yogurt, berries, granola, honey. Ninety seconds. Doubles as the 9pm snack that isn't ice cream.
- Rotisserie bowl.** Store chicken, microwave rice, black beans, salsa, avocado. Feeds the house without a recipe.
- Turkey tacos.** Ground turkey, the seasoning packet, whatever vegetables are dying in the drawer.
- Sheet-pan salmon.** Salmon, potatoes, broccoli. One pan, 425 for 20. Looks fancy, is not.
- The big salad that lifts.** Bag of greens, canned salmon or leftover chicken, beans, olive oil. Fiber, handled.

The honest fine print: carbs scale with training: more on ENGINE and PUSH days, less on couch days. That's the whole periodization. Keep a banana and a protein bar where the cereal used to live: 3am decisions get made by whatever's within reach, so rig the reach. And nothing is off-limits. Pizza night with the kids is not a cheat, because there's nothing to cheat on.

Getting stronger is a bookkeeping job.

Nobody gets stronger by accident and nobody remembers last Tuesday's sets. Progressive overload just means tiny increases you can prove happened, and proof means writing things down. Motivation carries the first three weeks; the log carries the years. Ninety seconds a week is the whole cost.

THE LOG

One line per session: the load, the reps, and one honest word: easy, right, or heavy. The printable session log lives at thewholedad.com/start. Two "easy" marks in a row on the same movement is the log telling you to nudge up. That's the entire conversation.

LIFT

The ladder: reps, then load. Start at 8 reps with two in the tank. When every set of a movement earns an "easy" two sessions running, go to 10, then 12. At 12, add the smallest load you own (5 lb plates, one more book in the backpack) and drop back to 8. Zero-equipment version of the same ladder: reps, then a 3-second lowering, then single-arm and single-leg versions, then the loaded backpack.

ENGINE

Minutes, then frequency, then pace. Add 5 minutes per session each week to about 60, then an optional third session, and pace only after two months of base. One dial at a time, page 8.

PUSH

The clock is fixed, the number climbs. Same movement, same ten minutes, and the rounds are what improve. When the number stops moving, add two minutes to the clock and start a fresh number.

THE DELOAD, BUILT IN: every fourth week, run a planned Baseline Week on purpose. Every session from the Baseline column, PUSH skipped, steps and PRESENT as normal. This is not a lesser week of the system; it IS the system: the adaptations land in the weeks you back off, and the guys who never back off donate month three to a pulled something. Take it early if the warning lights come on: resting heart rate up 5 or more beats, weights that were "right" reading "heavy", a fuse that got short. The card already speaks this language: a planned Baseline Week fills its circles like any other week.

Four numbers a month tell you it's working: your resting heart rate, the loads in your log, the weekly step total, and how the stairs feel with the car seat. All four move before the mirror does. Track those and the mirror catches up on its own schedule.

We checked every rule against the research. One number changed.

This system was audited against meta-analyses and trials from the last decade before it shipped. Almost everything held. The step target didn't: the famous 10,000 was a pedometer ad, so the bar here is the evidence-based 7,000. Here's the ledger.

THE RULE	THE RECEIPT	SOURCE
Two lifts a week	Total weekly work drives growth. Volume-matched studies show 3 or 4 sessions add nothing over 2.	Schoenfeld, J Sports Sci, 2019
15 minutes counts	One hard set of 6 to 12 reps, 2 to 3x weekly, is the proven minimum dose for strength.	Iversen, Sports Med, 2021
Two in the tank	Stopping 1 to 2 reps shy of failure keeps nearly all the growth and drops most of the fatigue.	Robinson, Sports Med, 2024
Balance, on purpose	Holding a 10-second one-legged stance predicts all-cause mortality in midlife and beyond. That's why the lifts end on one leg.	Araujo, Br J Sports Med, 2022
Single-leg work	Balance and functional exercise cut the rate of falls about 24 percent; adding resistance work pushes it to about 34.	Sherrington, Cochrane, 2019
Easy pace, on purpose	Aerobic base work lowers resting heart rate 5 to 8 bpm and reduces depression on par with established treatments.	Reimers 2018 · Noetel, BMJ 2024
7,000 steps, not 10,000	7K a day tracks a 47% lower cardiovascular death risk vs 2K; benefits plateau by 8 to 10K. Every extra 1,000 steps tracks ~9% lower depression risk.	Ding, Lancet Pub Health, 2025 · JAMA Netw Open, 2024
PUSH, once	Cardio fitness predicts lifespan better than almost anything a doctor measures; low fitness rivals smoking as a risk.	Mandsager, JAMA Netw Open, 2018
The sleep gate	Under 8 hours of sleep: 1.7x injury risk. One wrecked night: muscle building down ~18%, testosterone down ~24%.	Milewski 2014 · Lamon 2021
No wearable required	A 56-study review found honest self-reported wellness tracks recovery better than HRV gadgets.	Saw, Br J Sports Med, 2016
No ice bath after lifting	Post-lift cold plunges suppress the growth signal and measurably shrink strength and muscle gains.	Piñero, Eur J Sport Sci, 2024
No 4am alarm worship	Chronic sleep under 7 hours raises all-cause mortality. New dads already average 6h38m. Sleep is half the system.	JAHA 2018 · Sleep Health 2025
1g of protein per lb of goal bodyweight, daily	Muscle gains plateau near 1.6 g/kg (about 0.7 g/lb); 1 per pound of goal bodyweight is the simple target with margin, especially in a deficit.	Morton, BJSM, 2018
Fiber, on purpose	Each 10g a day cuts colorectal cancer risk ~10%. It is now the #1 cancer killer of men under 50. Screening starts at 45.	Aune, BMJ 2011 · ACS · USPSTF 2021
No scored food	Flexible eating beats rigid rules for long-term results; forbidden-food diets drive the rebound they punish.	JISSN, 2021

Want the full citation list? Reply to any Sunday letter and ask. It exists, and it's long.

Sunday night, fill the circles.

CHECK	WEEK N° ---	WEEK N° ---	WEEK N° ---	WEEK N° ---
LIFT x2 · A and B	☐	☐	☐	☐
ENGINE x2 · easy pace	☐	☐	☐	☐
STEPS 7K a day, weekly total	☐	☐	☐	☐
PUSH x1 · if sleep allowed	☐	☐	☐	☐
PRESENT x7 · phones down	☐	☐	☐	☐
PUSH SCORE rounds in 10 min				

Fill a circle for every check you did, and write your PUSH number in the bottom row. There's no total to hit and no week to pass or fail: the circles count the work, they don't grade the week. The number is the one thing here worth chasing, and the only person it gets measured against is the you of last week. A blank in that row is a deload week or a rough one, and both are the system working. When the page fills up, that's four more weeks than the last plan gave you. Reply to any Sunday letter with your count; I read every one.

There's no ceiling on the climb. Take the number as high as you're willing to take it, add the load when the log says to, and let the week get bigger than the one printed here. On the weeks that won't allow any of it, the floor is still fifteen minutes and it's still waiting for you. The ambition is the invitation. The floor is the guarantee.

It all counts.

Tony

The fine print that matters: this is general fitness information from a trainer, not medical advice. If you've got a medical condition, an old injury with opinions, or it's been years since you trained, clear it with your doctor first. Nothing in here is worth six weeks on the couch. Train for the version of you at 70.