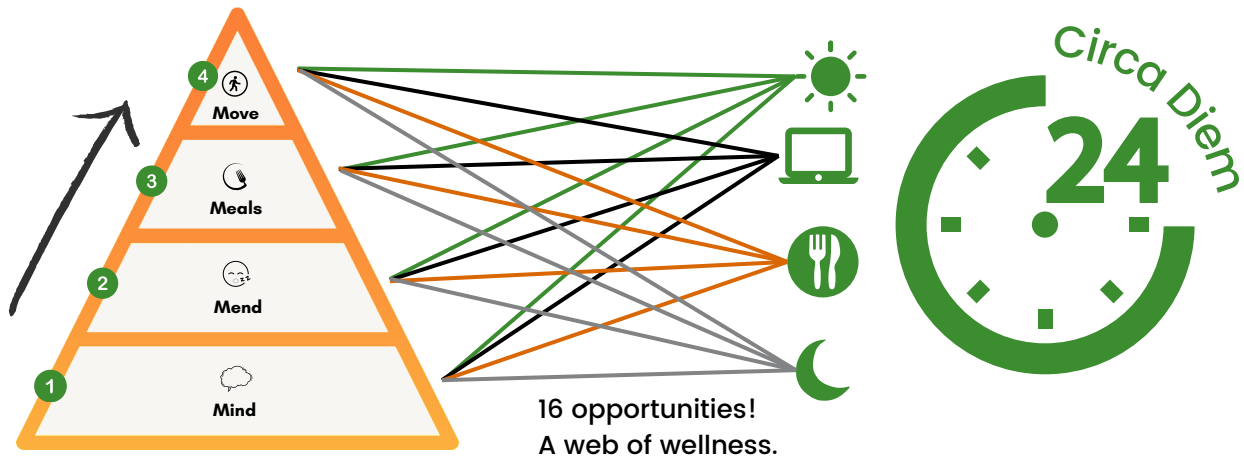


# HIGH ROI ROUTINES



# HIGH ROI ROUTINE: Marry "What" to "When" with "How"



**What**

**How**

**When**

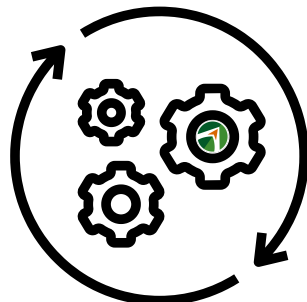


**High ROI Routines**

1. AM = E.C.H.O.
2. WORK = N.E.A.T./Stress Checks
3. MEAL = Pre/During/Post
4. PM = R & R & R

**S.E.T.**  
(stackable, easy, transferable)

**Habits  
Lifelong  
Automated  
Sustainable  
Self-perpetuating**



# Homework

Work on your High ROI Routines on page 69. Using the guide below and the best practices on the next page to fill in the 16 boxes with activities you want to build into your daily routines. (Don't stress too much over this exercise. We will go over this more together on your strategy session.)

Don't forget to prep for your Strategy/Launch Session with your coach:

- You will get a prep form emailed to you with more details.
- Complete your LONGEVITY METRICS worksheet to the best of your ability.

High ROI Routine Template:

Name of the Routine

Time of Day

Mind

Mend

Meal

Move

S.E.T.? (is it stackable, easy, transferable)



**AM.**  
**E.C.H.O.**

E = Eliminate.  
C = Calculate.  
H = Hydrate  
O = Orchestrate



**WORK.**  
**N.E.A.T. + Stress Checks**

N = Non  
E = Exercise  
A = Activity  
T = Thermogenesis

**+** Stress Checks as needed to return nervous system to baseline



**MEAL.**  
**Pre/During/Post**

PRE = prep for meals (hunger, available foods, surroundings)

DURING = experience meals (nutrients, state of mind, order of eating, speed of eating)

POST = manage blood sugar after meal (movement)



**PM.**  
**R & R & R**

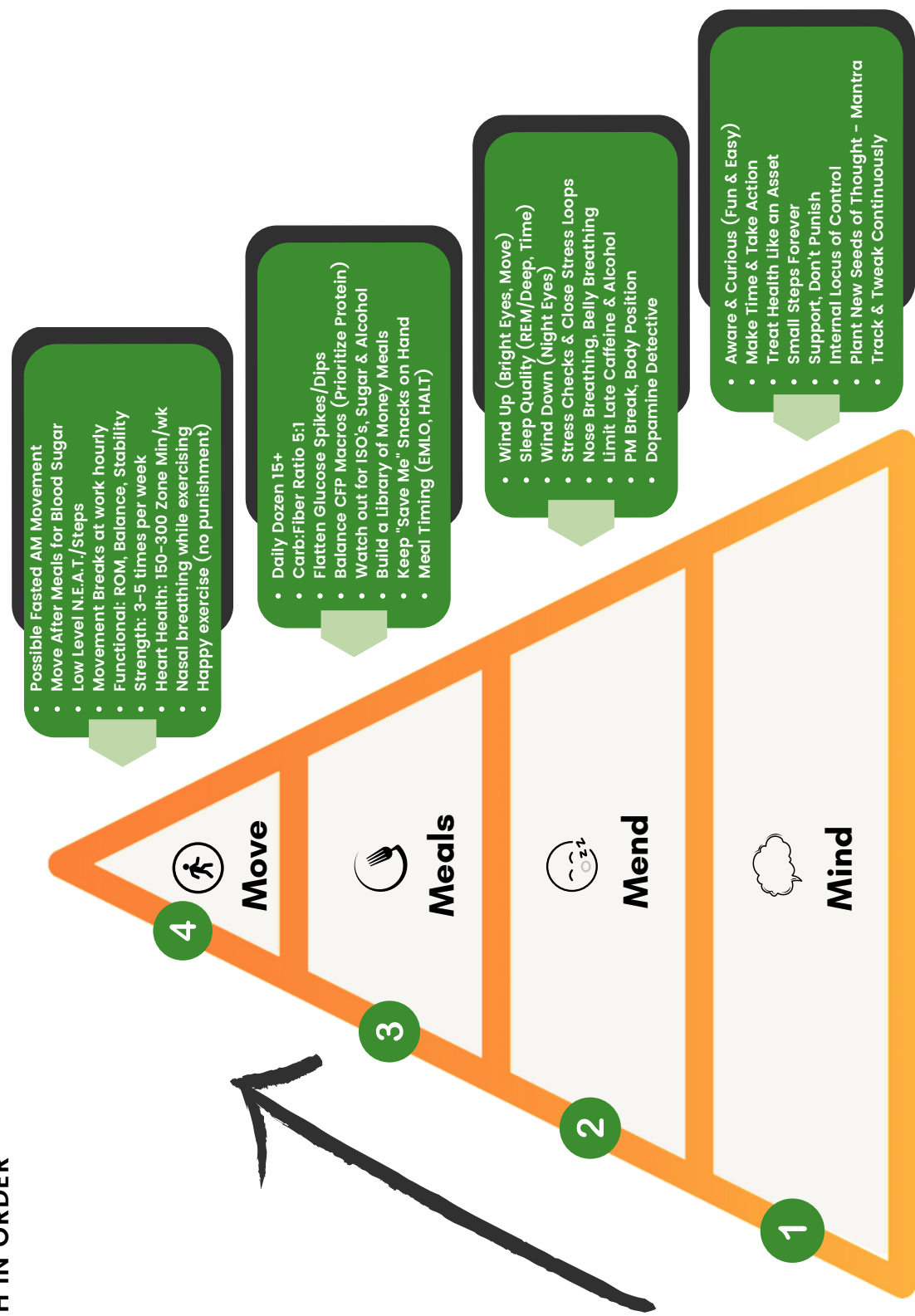
R = Review how the day went

R = Relax and wind down to prep for sleep

R = Repair your body with deep, long sleep before midnight

# Hierarchy of Wellth™

GET YOUR HEALTH IN ORDER



# My WellthPLAN



This is what we will work on together during your strategy call. Feel free to get started on the blank template on the following page.

**SAMPLE**

	TIME	MIND	MEND	MEAL	MOVE
<b>AM</b> E.C.H.O.	7am	Orchestrate my day by planning meals & movement	2 cups water sunlight on eyes	tea with collagen and MCT oil BF at 8am with	20 min Peloton MWF 20 min weights T/TH (push, pull, legs)
<b>WORK</b> N.E.A.T & Stress Checks	9am to 5pm	Be aware of my body's needs at work	set timer for top of each hour to assess stress, box breathe 4 times	bring my lunch and keep some canned meat, protein bars at office	set timer for top of each hour to walk for 250 steps
<b>MEALS</b> Pre During Post	8am B 12pm L 3pm S 6pm D	Remember that I have 3 places to improve my meals - be prepped & present	watch out for "taxes" like eating out, processed food, ISO's & eat slowly (not at computer)	make sure to have good protein, fiber, healthy fats, and go easy on the carbs + 80 oz water/day	go for a 15 minute walk after lunch and dinner (or do 30 squats if pinched for time)
<b>PM</b> R&R&R	8pm	Set wind down alarm for 9pm to review how day went, clean up, organize for tomorrow	"night eyes" turn down lights, put screens away, get to bed by 10pm	stop eating by 8pm and close the kitchen - herbal tea with collagen & MCT oil, water ok	legs up the wall for 5 minutes & light stretching

## Short List

1. 12 hour fasting window (8-8)
2. Prioritize protein (30g at every meal)
3. 8000 steps per day

# My WellthPLAN



	TIME	MIND	MEND	MEAL	MOVE
AM E.C.H.O.					
WORK N.E.A.T & Stress Checks					
MEALS Pre During Post					
PM RØRØR					

**Short List**