

Appendix A - The Index Card

Twelve chapters folded five times.

The Index Card

Twelve chapters folded five times. If everything in this book had to fit on one index card taped to your refrigerator, this is the card. Photocopy this page. Tape it where you will see it every morning. Everything else I have written is simply these five words, explained.

CONSISTENCY - same things, same way, same time, every day. Show up for every session you scheduled. No negotiation.

MINDFULNESS - eat slowly and think about every bite; train slowly and think about the muscle doing the work.

NUTRITION - eat real food, mostly plants, not too much. Plan the treat into every day - last thing at night, on the plan.

MOVEMENT - every day. Hard on the scheduled days, gentle on the others. The body you do not move is a body deciding to quit.

RECOVERY - bigger than sleep. Guard the sleep, then

schedule the rest: the reading, the hobby, the hour of doing nothing on purpose.

And underneath the five words, one instruction: plan and schedule all of it. The plan is what carries you on the days the feelings quit. Which they will. That was never a problem - that was the design.

Three pillars hold the card up: eat right, move right, rest right. You will do all three today whether you aim them or not - eating, moving, and resting are not things I am adding to your life; they are your life. All this book asks is that you point them in a direction.

ACTION STEP

Copy this onto an actual index card and put it where you make decisions.

PREVIEW ENDS HERE

This is a free preview from the book. The complete chapter, and the rest of the volume, is in print. To order Volume II - From 310 to Thriving, email metabojoe@gmail.com.