

Been thinking about Spock and his scene from



The Voyage Home

Fast Progress

Memrise → Spaced Repetition

High Performance:

Sleep: 5am → Noon

Reading:

Repetition:

Production:

Exercise: KungFu - Qi Gong - Cardio

Diet: OMAD + Carnivore

Sample day:

January 13 2021

Wakeup: Noon

Shower / Brush Teeth

Exercise: Pushups
Squats
Cardio
Qi Gong

Read : WYSE Youtube Course

Repetition: Mandarin

Production : Figure out niche within a niche

Diet: 5pm Smileys Lamb + Ribs ONLY