AIM/GOAL: to acquire habits to that will help me improve muscle and bone strength. Roughly ‘add’’ 5 pounds of muscle/bone tissue. There’s no scientific basis for this plan, but conceptually I’ll work to develop habits that promote this action and ‘move’ dimes into the “House Cup” to show progress made toward the goal. There are a few other habits that will be folded into this effort that have nothing to do with building tissues, but perhaps building discipline.

Calculation: 5 pounds = 1000 dimes or $100; 1 pound = 200 dimes; ½ pound = 100 dimes

Schedule October 1 to December 23 (12 weeks; ~ 84 days)

WEEKLY GOAL will be to move about ½ pound of dimes/ week (100 dimes) into the House Cup!

[1/2 pound/week x 10 weeks (10 weeks + 2 weeks wiggle room) = 5 pounds of dimes]

* Daily: must move about 14-15 dimes into HOUSE CUP to achieve goal
* WINNING: means spending the dimes in the HOUSE CUP on new shoes or gear!!!

DIMES (POINTS): (+ /-)

3 high protein meals each day (2 should be dairy), each +1

High protein/low carb snack, afternoon (before 6pm) +1

Pre-sleep casein protein meal (by 10 pm) +1

SKIPPING a meal/snack **- 2**

~2 cups fruit and 2.5 cups vegetables/day +1

4 glasses iced water/fluid per day +1

Dietary Indiscretion (my secret!), each - 3

Stretches, passive (20-30 minutes) +1

Mobility routine (20-30 minutes) +1

Balance routine (10-15 minutes) +2

Foam rollout (10-15 minutes) +1

At least 3 strength exercises, no weights +2

At least 3 strength exercises, with weights +3

Housework/cleaning >1 hour +1

Aerobic walking/running 45 minutes +1

Interval walking/running 30 minutes +2

Swimming or cycling intervals, 30-40 minutes +2

Workout done before 8am weekdays +2

Sitting > 45 minutes continuously, am and pm **- 1**

Sleep ~ 7.5+ hours: to bed ~ 10:00pm weekdays +1

Sleep: < 7 hours **- 2**

Make bed upon waking +1

Evening prep for morning exercise +1

Vitamins +1

<http://healthyeating.sfgate.com/usda-fruit-vegetable-recommendations-9339.html>

<https://sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>