

THE PROTOCOL

Non-Negotiables Field Card

Five daily standards. No excuses. No "I'll start tomorrow."

These are the load-bearing beams. If they crack, the structure fails. Miss them often enough and The Protocol stops working. Hold them daily, and your foundation gets stronger every single day.

1 Daily Movement

The body must be challenged every single day without exception.

Minimum standard: 15 minutes of deliberate physical effort — walk, train, ruck, lift. Scale it, don't skip it.

2 Morning Protocol

How you start the day determines everything that follows.

Minimum standard: one consistent action within 30 minutes of waking — water first, no phone first, one deliberate choice before the day chooses for you.

3 Mental Inventory

Daily journaling, accountability audit, ruthless self-honesty. No hiding from the mirror.

Minimum standard: three sentences, written — what moved me forward, what I avoided, tomorrow's correction.

4 Spiritual Practice

Meditation, breath work, or intentional silence. Connection to something larger than your circumstances.

Minimum standard: five minutes of silence, breath work, or reflection — no phone, no input, just presence.

5 Fuel & Recovery

Nutrition and sleep are not optional. They are the infrastructure everything else runs on.

Minimum standard: one protein-forward meal and a fixed wind-down time tonight, whatever time that has to be.

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Seven-Day Tracker

Check the box if you did it. Leave it blank if you didn't. Aim for honest, not perfect.

Day	Movement	Morning	Mental Inv.	Spiritual	Fuel/Rec.
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐

After Day 7 — Reflection

Total Non-Negotiables held this week: ____ / 35

The one that was hardest to keep: _____

The one correction I'm making next week: _____

Seven days down. If this held, the full Protocol is the system built to make it permanent.
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