

This Week - commencing Nov 13

KEY FOCUSES: (If I do well at these, the week will be a success)

1. **Paleo** — 100%, so I feel good about going on surfing trip
 - a. mon to fri — skip breakfast, chicken / egg salad lunch, protein shake / nuts in afternoon and small / clean meal in eve.
 - b. eat sensibly in Fuerteventura

2. **Mobility** — it's the cornerstone of being active and fit. Prioritise it daily.
 - a. GMB Elements every morning
 - b. short evening mobility sessions (30 min) — foam rolling + handful of exercises

3. **Ella** — help and be kind, loving. Even more Important with me going away surfing.
 - a. be nice, kind, patient and affectionate (inc. texts in the day)
 - b. walk dogs a couple of times
 - c. cook in the evenings
 - d. help with fearne

* * *

OTHER FOCUSES: (other important focuses)

- Site
 - write 'Plan a Killer Week Guide'
 - find 'me' pics
 - write a post to launch with — two years without a smartphone

- Be active — crossfit, running and walking

- Surfing! — Thurs > Sun

- Fearne — spend some really nice time with her. In the mornings, and evening.

OTHER (small things):

- Get wrist x-rayed
- Check in for Fuerteventura flights
- E-mail surf school - check everything is good
- Chase up Estate Agents
- Book Vicki appointment (for mid Dec)
- Cancel crossfit membership

PEOPLE

- Liam — Happy birthday on Tues (call)
- Nate — thank you (email)
- Gav (call)
- G (call)
- Barry (call)

THE WEEK

MON

Use the morning to get straight for the week + GMB session.

Go for a walk at lunch — get Ellas phone

Leave work @ 5, so I am home for 6.

Spend some nice time with Fearne, read her a story and take her to bed.

Cook dinner

In the evening, do some mobility work — foam rolling and a few stretches. Get to bed for 9.30PM.

TUES

Use the morning to do GMB, walk the dogs and plan the day. Get to crossfit if it's a wrist friendly WOD.

Get wrist x-rayed at lunchtime

Leave work @ 5, so I am home for 6.

Cook dinner

In the evening, do some mobility work — foam rolling and a few stretches. Get to bed for 9.30PM.

WEDS

Use the morning to do GMB, walk the dogs and plan the day. Get to crossfit if wrist friendly WOD.

Feare story and bed.

In the evening, cook dinner and do some mobility work — foam rolling and a few stretches.

Spend some good time with Ella (last evening, before I leave to surf)

THURS > SUN:

Surfing

Eat sensibly, keep active (run, some crossfit style workouts etc.)