

THE PEAK HUMANS DAILY PROTOCOL

The simple daily system for high-performing men who are **ready to stop operating at 70%** and start showing up with energy, focus and presence in every part of life.

MORNING

Activate your body, prime your state, win the first deep work block.

MIDDAY

Fuel with intent and train with purpose to stay sharp all day.

EVENING

Shut down, go screens off and recover so tomorrow starts strong.

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PHASE 01

MORNING

Win the first 90 minutes and the rest of the day follows your lead.

01 ACTIVATE THE BODY

FIRST 30 MIN

- ☐ Step outside for 5 to 10 minutes of natural light soon after waking.
- ☐ Drink a big glass of water before your first coffee.
- ☐ Move for 5 to 10 minutes: a brisk walk, mobility, or a few push-ups and squats.
- ☐ Breathwork for 2 to 3 minutes: slow nasal breaths with a longer exhale.

WHY IT WORKS Light, water, movement and breath give your body a clear signal that the day has started. You trade grogginess for alertness without reaching straight for your phone or a second coffee.

02 PRIME YOUR STATE

10 MIN

- ☐ Phone stays on airplane mode until this block is done.
- ☐ Write down 3 things you are grateful for and 1 win from yesterday.
- ☐ Picture your day going well, then name your #1 outcome for today.
- ☐ Say one identity statement out loud: "I am the man who..."

WHY IT WORKS State drives behaviour. Rooted in Naeem's Tony Robbins training, this block puts you in charge of how you feel before the world tries to decide for you. You walk into the day decisive, grounded and on the front foot.

03 DEEP WORK SPRINT

60 TO 90 MIN

- ☐ Attack your #1 outcome before email, messages or social media.
- ☐ One task, one tab, phone in another room, door closed.
- ☐ Finish with a 5 to 10 minute break away from all screens.

WHY IT WORKS Your sharpest thinking is limited, so spend it first on the work that actually moves the needle. Real progress is banked before noon, whatever the rest of the day throws at you.

PHASE 02

MIDDAY

04 FUEL FOR PERFORMANCE

EVERY MEAL

- ☐ Build each meal around a solid portion of protein, plus vegetables.
- ☐ Choose mostly whole foods and plan lunch ahead so hunger never decides for you.
- ☐ Keep water within reach and keep caffeine to the morning and early afternoon.

WHY IT WORKS Simple, consistent meals keep your energy steady and your decisions clear, so you stay sharp for every call, client and conversation instead of fighting an afternoon slump.

05 TRAIN WITH PURPOSE

30 TO 60 MIN

- ☐ Strength train 3 to 4 days a week, focusing on big compound movements.
- ☐ On other days walk, get outside or do a short conditioning session.
- ☐ Take a 10 minute walk after lunch to reset body and mind.

WHY IT WORKS Training is where you prove to yourself that you keep your promises. That discipline carries straight into confidence, presence and drive in the boardroom and at home.

PHASE 03

EVENING

06 SHUT DOWN & SCREENS OFF

60 MIN BEFORE BED

- ☐ Run a 5 minute shutdown: review today's wins, set tomorrow's #1 outcome, close the laptop.
- ☐ Screens off an hour before bed and charge your phone outside the bedroom.
- ☐ Dim the lights and go analog: read, stretch, or have a real conversation.

WHY IT WORKS A clear finish line lets your mind stop working when you do. Fewer screens and softer light make winding down easier, and the people you love get the best of you, not what is left over.

07 RECOVER & SLEEP

EVERY NIGHT

- ☐ Keep the same bedtime and wake time every day, weekends included.
- ☐ Make your room cool, dark and quiet.
- ☐ Finish with 2 minutes of slow breathing in bed to switch off.

WHY IT WORKS Recovery is where tomorrow's performance is built. Protect your sleep and every other block gets easier: sharper focus, steadier mood and better training.

70% IS A CHOICE. SO IS 100%.

READY TO GO FURTHER?

This protocol is your foundation. The **Peak Human Protocol** is where we build it around your life, your business and your goals, with coaching and accountability that make it stick. On a free discovery call we will:

- 01 Pinpoint exactly where you are operating below your potential right now.
- 02 Identify the two or three levers that will move you forward fastest.
- 03 Map out your next steps so you leave with clarity, whether we work together or not.

BOOK A FREE PEAK HUMAN PROTOCOL DISCOVERY CALL →

Or visit tidycal.com/peakhumans/peakhuman-protocol-30

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