



Habits of Health Clock

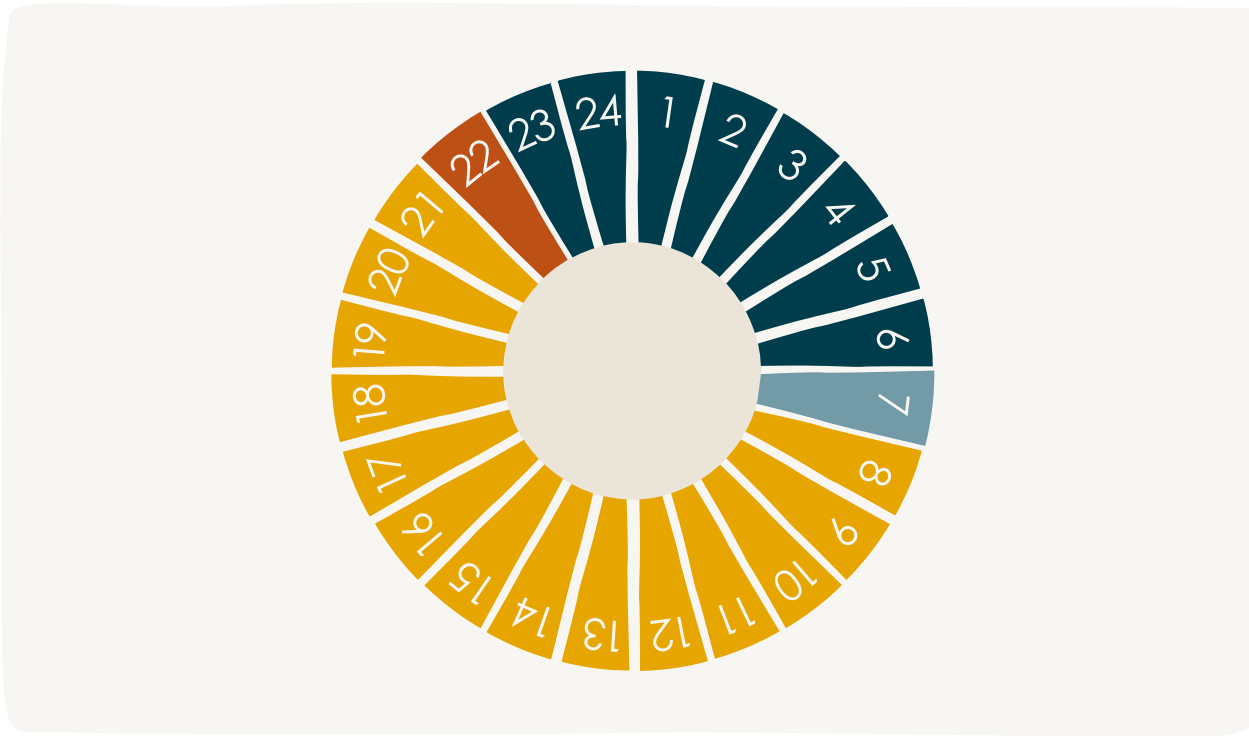
Habits of Health Clock

The eight-hour segment in dark blue are the hours you are enjoying high-quality sleep, which you will learn later is necessary to optimize your health, brain, mind, and wellbeing. The actual time can be adjusted to fit your chronotype (see Part 2.13 in Dr. A's Habits of Health, Healthy Sleep and Unlimited Energy) or your specific schedule, but the length of your sleep period should be pretty close to eight hours. You will see that there is an hour preceding your bedtime to transition from full on to off and in the morning to ramp up from sleep to being prepared for an optimal day.





Fueling Schedule



First Fueling:

Second Fueling:

Third Fueling:

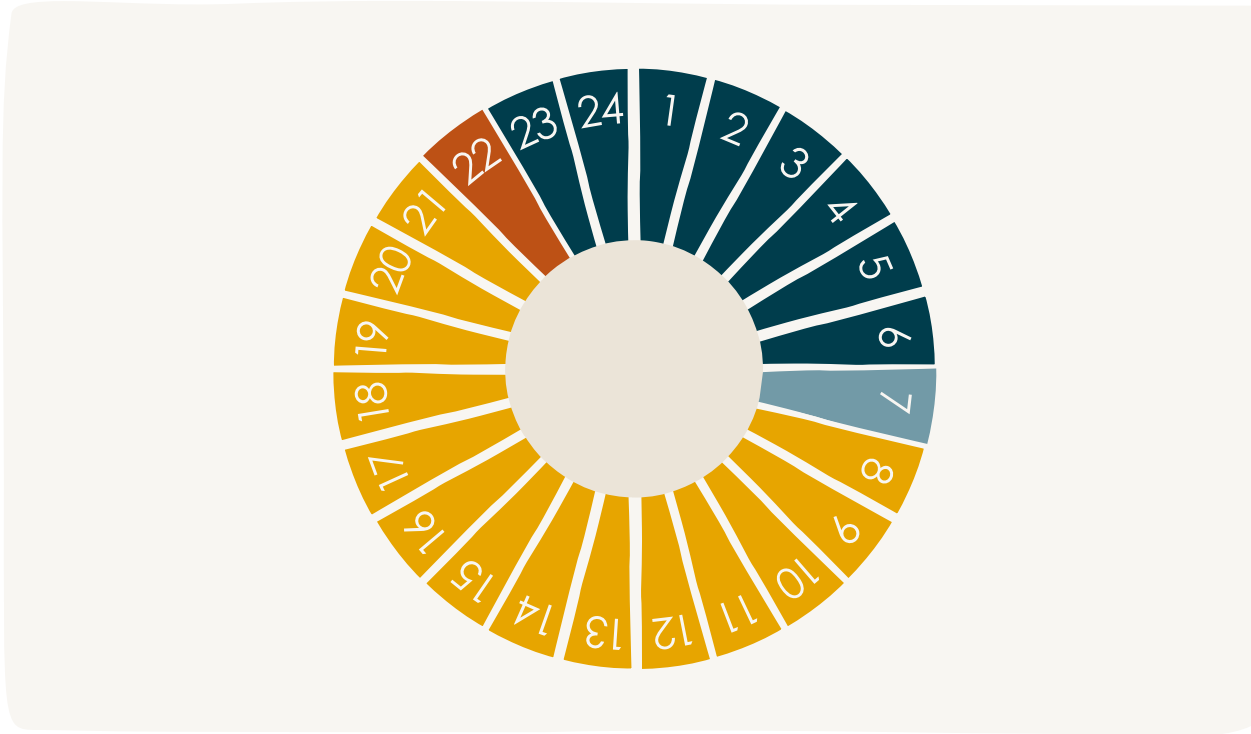
Fourth Fueling:

Fifth Fueling:

Sixth Fueling:



Hydration Schedule



First Hydration:

Second Hydration:

Third Hydration:

Fourth Hydration:

Fifth Hydration:

Sixth Hydration:

Seventh Hydration:

Eighth Hydration:

* Author's note: The eight (eight-ounce) glasses is really an arbitrary number which is generally recommended to be a safe yet adequate amount.