

Worksheet Day 4

The 5 Day Challenge

Rip Hard and then do it Again, and Again...and Again

Action Points

1. Complete The Morning Stress Busting Routine
2. Complete your Farmer Fitness Workout
3. Choose some more recipes from the NTX Recipes, that's what you'll eat today.
4. Complete The Active Recovery Routine (below)
5. Download [Elite HRV >>](#) and follow the instructions within the app to calculate your HRV
6. Download [The Sleep Hygiene Program >>](#) and start to implement it in your night time routine

The Active Recovery Routine

10 x Box Breathing

Inhale 5 sec – hold 5 sec – exhale 5 sec – hold 5 sec

Gratitude

Spend at least 5 mins really focussing on what you are grateful for, it doesn't need to be something huge, it could just be the fact your heart is beating, or that you can feel the wind on your skin. Make sure you really feel it, putting a smile on your face while doing this also helps.

5mins Meditation

Hydration

Drink at least 2 - 3 litres of water (preferably glass bottled) a day, add a pinch of Himalayan salt or even better electrolytes, (herbal tea also serves here).

Light

Get at least 2 hours outdoor exposure a day with as much as you safely can on bare skin without wearing sunglasses (if feasible)

Grounding

Spend at least 5 mins barefoot outside (if feasible)

Misc

Spend at least 30 mins in the company of good friends

Laugh Lots