

## Diet: Intermittent Fast #2

Repeat the challenge and see if you can last any longer. Remember, this is not a pressure-packed suffer-fest, but rather a simple intuitive exercise to resist eating until you are actually hungry.

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## Exercise: Extended Duration Aerobic Workout

Conduct an extended duration aerobic workout at 55-75 percent of maximum, lasting at least an hour, and up to several hours if you have the fitness base.

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## Lifestyle: 10 Primal Changes

Compile a list of things you do today that represent a distinct transition from your pre-Primal lifestyle behaviors. For example, awakening early and getting some sunlight, eating a low insulin-producing breakfast, taking a break for movement or play, standing up while working, disciplining your use of email, moderating heart rate during an aerobic workout, dimming the lights and donning yellow lenses after dark, and so on.

Can you get the list up to 10? How about 15? 20? Enjoy the challenge and see if you can appreciate the accumulating benefits of transforming to a Primal lifestyle.