

Diet: Modern Foraging #2

Escalate your challenge from Day 5 by eating all of your meals outside of the home and staying Primal-aligned. Seek out a new restaurant or market and navigate the offerings to create Primal meals.

Exercise: Full-Length PEM Workout

2-3 sets, maximum reps of the four PEMs. Go until your muscles completely fail on each exercise, and take enough rest between exercises to return your breathing to normal. If you are feeling a bit tired or sore, reduce this session to an Abbreviated PEM, and/or complete 75 percent of your estimated reps till failure (e.g. – do 15 pushups if 20 is failure).

Lifestyle: Reach Out

Discover an open-minded and deserving family member or friend who might be receptive to going Primal and initiate some dialog about how you might help him or her. Engaging with someone about lifestyle change is a sensitive issue and must be handled accordingly. The operative word here is “receptive,” which is easy to determine in a brief conversation. If you approach this challenge with an "intervention vibe," you are likely to be rebuffed. Instead, take a casual, positive approach by inviting your friend to join you for a PEM workout, or a meal at your home. Offer information, guidance, and camaraderie on-demand so your friend can control the dynamics of this journey. And hey, if no one comes to mind immediately, don't force it. Keep this challenge in the back of your mind and try it when the time is right.