

Diet: Go Local

Strive to obtain half or more of your calories from local sources today. Hopefully you can take advantage of a farmer's market to enjoy some great produce and animal products over the next few days.

Exercise: Moderate Duration Aerobic Workout

Exercise for 20-60 minutes at 55-75 percent of maximum heart rate. Note that the previous 16 days have involved a pretty ambitious exercise regimen. If you have been significantly exceeding your normal level of exercise, take the rest you need to produce a strong finish over the final five days. If this means skipping today's workout and hitting the minimum recommended range for future aerobic workouts, that's fine.

Lifestyle: Calm, Relaxing Evening #2

Up the ante from your Day 2 challenge by making an even more dramatic effort to have a mellow evening. Completely refrain from screen time this evening in favor of a family board game or reading. Linger at the dinner table for conversation in true European style instead of rushing off to digital entertainment. Take an extended neighborhood stroll of 15-30 minutes to enjoy some fresh air, open space, and casual conversation or self-reflection. Get by on a minimum of artificial light after the sun sets, and get to sleep early in a dark, quiet, relaxing room.

Tomorrow, wake up as close as possible to sunrise and immediately expose yourself to direct sunlight. Choose an energizing morning ritual: breathing and stretching exercises, a brief neighborhood stroll, cold water plunge, or an abbreviated PEM workout if you are so inclined.