



Name:

Training Block Dates:

Your Final Score:

BP100 Game Laws

1. Diarise the game.
2. Interest permitting, exceed the listed (aerobic) volume by 25%, only.
3. Never, ever, exceed your 'easy' sustainable effort level.
4. Stick to the easy to follow listed menu (choices & volume).
5. Score your commitment: **Double Time Double Points = 2 points**



Play	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Rhythmic Aerobic Action	<i>E.g. 1</i>													
Spinal Strength Set														
Breakfast														
Lunch														
Dinner														
Sleepy Read														
Alcohol-Free														
Score	/7	/7	/7	/7	/7	/7	/8	/7	/7	/7	/7	/7	/7	/8

Total Score



/ 100

Rhythmic Aerobic Action

Frequency: Everyday, for 14 days.

Intensity: Never harder than 'your' perceived, easy sustainable intensity.

Time: 30 minutes, of continuous rhythmic action. 60 minutes for one session per week (double points).

Type: Ideally, weight-bearing walking or running, but all rhythmic action will work.

Spinal Strength Set – see the video demonstration

BP56 Spinal Strength Set One Rotate through this set x 2		
1	DB Squat Press	10 Reps
2	DB Push-Ups (feet of knees)	10 Reps
3	DB Lying Rotations	16 Reps
BP56 Spinal Strength Set Two Rotate through this set x 2		
1	DB Squatted Arm Curls	10 Reps
2	Kneeling Shoulder Press	10 Reps
3	DB Crunching Press	12 Reps
BP56 Spinal Strength Set Three Rotate through this set x 2		
1	DB One-Legged Push-Ups (feet of knees)	10 Reps
2	DB Lying Alternate Ladders	16 Reps
3	Back Arches	10 Reps
BP56 Spinal Strength Set Four Rotate through this set x 2		
1	DB Straight Arm Forward Extensions	10 Reps
2	DB Side Dips	5/5 Reps
3	DB Standing Rotations	16 Reps

Breakfast

- ✓ Alternating works
- ✓ Consistency works
- ✓ Timing works

Breakfast Choice One	Breakfast Choice Two
<ul style="list-style-type: none">• Pre: Glass of Water• Fry One Egg• One slice of wholemeal bread, toasted• 1/3 Avocado• Freshly squeezed lemon• Coffee, Black Tea, Green or Herbal Tea.	<ul style="list-style-type: none">• 2/3 Cup of Cooking Oats• Adding ¾ cup of Water• Microwave for 90 seconds (using a lid)• Add Handful of Blackberries, Blueberries, or Strawberries• Dash of Ground Cinnamon• Coffee, Black Tea, Green or Herbal Tea.

Lunch

- ✓ Consider preparing at breakfast, containing, & storing.

Lunch Choice One	Lunch Choice Two
<ul style="list-style-type: none">• BBQ Chicken (handful), bowled• (Chopped) Lettuce, Baby Tomatoes, Cashews, Avocado, Feta, Sea Salt, Pepper.• Water, Coffee, Black Tea, Green or Herbal Tea.	<ul style="list-style-type: none">• Tin of Tuna in Olive Oil, Pink Salmon, or Red Salmon - 95grams• 1 Wholemeal wrap• Cucumber, Capsicum, Carrots, and Sundried tomatoes in oil, Sea Salt.• Tablespoon of Sunflower Seeds.• Quick zap in a microwave - 30 seconds.• Water, Coffee, Black Tea, Green or Herbal Tea.

Dinner

- ✓ Pre-load with a glass of water.
- ✓ Choose your protein – hand size only.
- ✓ Match with a crunchy salad ‘or’ garden veg with (real) butter.
- ✓ Changing up your salad & veggie mix works.

Protein	Salad – no volume limit	Veggies – no volume limit
<ul style="list-style-type: none"> • Any whole protein source – no packets or pre-cooked & preserved choices. • Red, Pink, White, Green, Brown, whatever! • Hand size only. 	<ul style="list-style-type: none"> • Choose any above the ground vegetables, • Add, nuts and seeds of your choices, • Add cheese of your choice, • Add a drizzle of Olive Oil (and a dash of sea salt), • Add freshly squeezed lemon. • ½ cup Brown rice. 	<ul style="list-style-type: none"> • Any above or below the ground vegetables, • Cook as possible (steam, roast etc) • Add a little real butter, salt n pepper.

Sleepy Read

- ✓ Wash and ideally air dry ALL linen before the 14 days starts, and at Day 7.
- ✓ Cover ALL bedroom lighting, by; overlapping curtains, closing doors, covering all blue light – including an out of sight silent charging phone.
- ✓ Consider an evening camomile peppermint or lemon tea, 30 minutes from bedtime.
- ✓ Prepare for sleeping with an ever slightly cooler room temperature – ideally 12-14’c; allowing your body to naturally cool, reaching your ideal energy shutdown temp.
- ✓ Practice sleep at much the same time every night – pick that time.
- ✓ Prepare for the earlier morning coolness – blanket at the foot of the bed, bedside socks, etc.
- ✓ **Read a paperback while in bed, lit only by a dimmed bed lamp – no phones.
- ✓ After the second or third melatonin heavy eyelid doze, discard the book and think nothing.

Shopping

Listed on the Super Simple Menu

Eggs
Wholemeal Bread
Avocado
Lemon
Cooking Oats
Brown Rice – microwave choice.
Berries – Straw, Black, Blue
Ground cinnamon
Coffee, Tea (Black, Green, Herbal)
BBQ Chicken
Lettuce of choice
Baby tomatoes
Cashews
Feta
Sea Salt & Pepper
Tuna in Olive Oil
Pink Salmon
Red Salmon
Cucumber
Capsicum
Carrots
Sundried tomatoes – jarred (in Oil)
Sunflower seeds
Protein: e.g. Beef, Lamb, Pork, Salmon, Chicken breast, etc
Garden Veg: e.g. Broccoli, Cauliflower, Squash, etc
Butter

Your Additions