

# The 4-Hour Body

by Timothy Ferriss

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- <sup>01</sup> **Build two repeatable slow-carb plates**

Create one lunch and one dinner template using protein + legumes + vegetables. Run them on loop for seven days before making any other nutrition change.

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- <sup>02</sup> **Install a weekly measurement ritual**

Choose one day and one time each week for bodyweight trend, waist, and one performance metric. Consistent timing makes your data trustworthy.

MON TUE WED THU FRI SAT SUN

- <sup>03</sup> **Run a 14-day no-liquid-calorie sprint**

Keep all meals the same and remove caloric drinks for two weeks. Isolate one high-leverage variable so results are interpretable.

MON TUE WED THU FRI SAT SUN

- <sup>04</sup> **Use a 2-session Occam lifting block**

Program two short weekly sessions around compound movements. Keep total lift count low enough that recovery stays predictable.

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- <sup>05</sup> **Plan your free day with guardrails**

Pick a specific day, enjoy it deliberately, and return to your baseline meals at the next meal window. No compensation strategy, just immediate reset.

MON TUE WED THU FRI SAT SUN

- <sup>06</sup> **Change one variable per cycle**

Every two weeks, adjust only one element (sleep, meal timing, or training volume). This keeps causality clear and prevents protocol confusion.