

CHAPTER 7 COMPANION

Minimalist Stack Builder

Build the smallest routine that has one clear goal, a strong foundation, and a measurable job.

QUICK START

Set aside 10 minutes. Use a pencil or pen. Honest estimates beat perfect answers.

ONE GOAL RULE

My single primary goal: ☐ Sleep ☐ Stress ☐ Energy ☐ Other: _____

How I will know this goal is improving:

FOUNDATION FIRST

Sleep	
Nutrition	
Stress	
Movement	
Metabolism / appropriate evaluation	

THE FOUR HONEST QUESTIONS

- ☐ What specific job does this item have?
- ☐ Has it cleared my Safety Gate?
- ☐ What receipts support it for this goal?
- ☐ How will I test whether it earns its place?

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		☐		
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MINIMALIST STANDARD

Start with one lifestyle action. Add only a carefully considered support when needed. If the plan is crowded, vague, expensive, or impossible to explain in one breath, simplify again.

MY ONE-BREATH PLAN

My main goal is _____, and the smallest useful routine I can test is:

Morning			
Midday			
Evening			

What I am removing or postponing so the signal stays clear:

YOUR NEXT MOVE

Choose only one change to enter the 30-Day Proof Loop. A plan that cannot produce a clear signal cannot produce honest receipts.

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