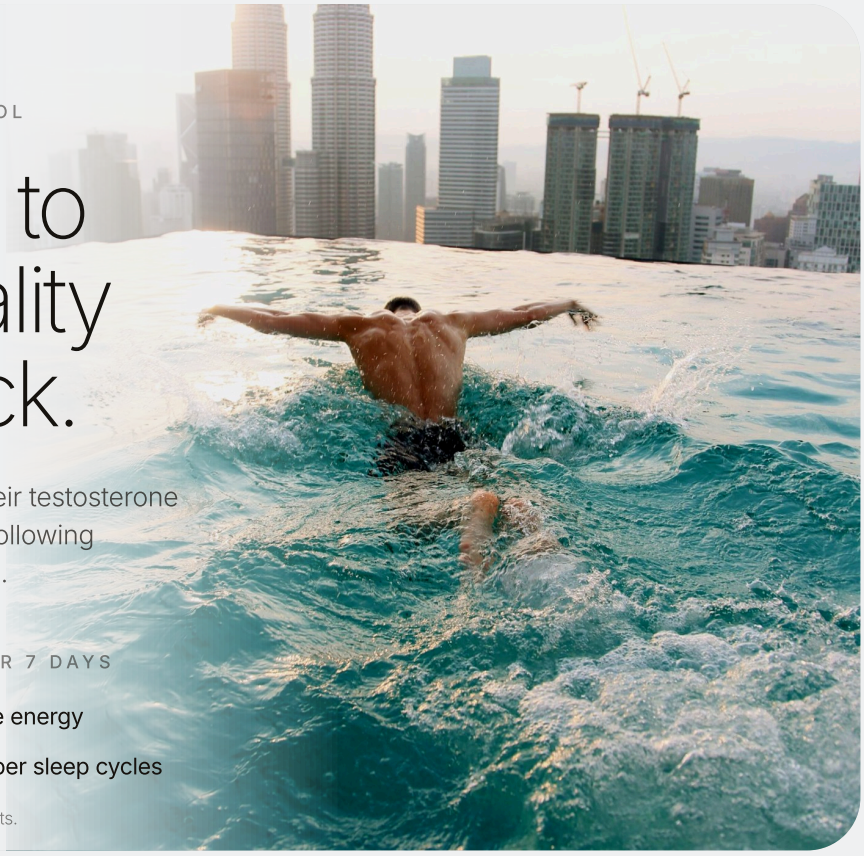

THE EXECUTIVE VITALITY PROTOCOL

Seven days to get your vitality back on track.

Vanguard Man members improve their testosterone levels by 15 to 18% within 100 days following Vanguard Man protocols just like this.

WHAT YOU WILL EXPERIENCE AFTER 7 DAYS

- Less brain fog
- More energy
- 2 to 3 lbs of fat loss
- Deeper sleep cycles

Member results are individual and not a promise of results.

7	6	42	30
Days	Pillars, one box each per day	Boxes. Your score out of 42	Minutes of effort a day

BEFORE YOU START

Five rules for the week.

1. Every day has six boxes, one per pillar.
2. Same wake time all seven days, weekends included.
3. If you miss a box, don't make it up. Carry on with the next day.
4. No alcohol for the full seven days.
5. At the end, your score out of 42 tells you where you stand.

THE 7 DAYS

Tick a box when it is done.

DAY 1

Baseline

Ticked ___ of 6

- [ ] SLEEP — Set one wake time for the week. Lights out 8 hours before it.
- [ ] LIGHT — 10 minutes outdoors within an hour of waking. No sunglasses.
- [ ] MOVE — 30 minute Zone 2 walk, at a pace where you could still hold a conversation.
- [ ] FUEL — 30 to 40 g of protein at your first meal.
- [ ] PRESSURE — Last coffee 8 to 10 hours before bed.
- [ ] DRIVE — Alcohol off for seven days, starting today.

DAY 2

Strength

Ticked ___ of 6

- [ ] SLEEP — Same wake time, even after a bad night.
- [ ] LIGHT — Morning light, plus 5 minutes outside after lunch.
- [ ] MOVE — 30 minute strength session. Squat or leg press, a push, a pull, a hinge and a loaded carry. 3 sets each, stopping 2 reps short of failure.
- [ ] FUEL — Protein at every meal today.
- [ ] PRESSURE — 5 minutes of cyclic sighing at the afternoon slump. A double inhale through the nose, then a long exhale through the mouth.
  It improved mood more than mindfulness did in a Stanford trial (Balban et al., Cell Reports Medicine, 2023).
- [ ] DRIVE — Phone out of the bedroom tonight.

DAY 3

Recovery

Ticked ___ of 6

- [ ] SLEEP — Bedroom cool and dark, about 18 to 19°C.
- [ ] LIGHT — Dim the lights at home after sunset.
- [ ] MOVE — 20 minute sunlight walk, plus 10 minutes of mobility.
- [ ] FUEL — A 10 minute walk after your largest meal.
  Light walking after a meal lowers blood sugar (Buffey et al., Sports Medicine, 2022).
- [ ] PRESSURE — One 30 minute block today with no meetings and no phone.
- [ ] DRIVE — Phone out of the bedroom again.

THE 7 DAYS

Keep going.

DAY 4

Structure

Ticked ___ of 6

☐	SLEEP	Same wake time. No screens for 30 minutes before bed.
☐	LIGHT	15 minutes of morning light.
☐	MOVE	Strength session two, built around posture. Rows, a hinge, a plank and a dead hang.
☐	FUEL	Last food 3 hours before bed.
☐	PRESSURE	5 minutes of cyclic sighing before your hardest meeting.
☐	DRIVE	One evening fully off work: no email, no Slack.

DAY 5

Intensity

Ticked ___ of 6

☐	SLEEP	No caffeine after midday.
☐	LIGHT	Eat lunch outside.
☐	MOVE	4 rounds of 4 minutes hard on a bike, with 3 easy minutes between rounds. Only if you are cleared for hard exercise.
☐	FUEL	Swap one refined carb for fibre: vegetables, legumes or berries.
☐	PRESSURE	A 2 minute pause, eyes closed, before lunch.
☐	DRIVE	Notice your morning erections this week, without judgement. If they have been absent for weeks, raise it with your doctor.

DAY 6

Reset

Ticked ___ of 6

☐	SLEEP	Sleep in by one hour at most, then back to your wake time.
☐	LIGHT	At least 30 minutes outdoors.
☐	MOVE	60 minutes of unstructured outdoor movement: a hike, golf on foot, a long walk.
☐	FUEL	Cook one meal yourself.
☐	PRESSURE	Screens off at 8 pm.
☐	DRIVE	An evening with your partner, phones away.

THE 7 DAYS

Review.

DAY 7

Review

Ticked ___ of 6

☐	SLEEP	Compare how you wake today with how you woke on day 1.
☐	LIGHT	Morning light, now a habit rather than a task.
☐	MOVE	15 to 20 minutes of sauna, or 20 minutes of NSDR. Regular sauna use is associated with lower cardiovascular death (Laukkanen et al., JAMA Internal Medicine, 2015). An association, not proof of cause.
☐	FUEL	Plan next week's protein around your diary.
☐	PRESSURE	A written review. Score each pillar 1 to 10.
☐	DRIVE	Score your drive 1 to 10 against day 1.

YOUR SCORE

Your score out of 42.

_____ / 42

36 TO 42

Locked in

The week held. Keep the same wake time and carry it forward.

25 TO 35

Close, with gaps

Look at which pillar you skipped most. That is your next week.

UNDER 25

Running on fumes

The week was harder than it looks on paper. Start again on Monday, one pillar at a time.

MULTIPLIERS

Small additions, after the week.

Check with your doctor before starting any supplement, especially if you take medication.

Magnesium glycinate

In the evening, for sleep.

Vitamin D3 with K2

Test your levels first rather than guessing.

Omega 3

Creatine

3 to 5 g daily. Strong evidence for muscle.

ISSN position stand, 2017

L theanine

With your morning coffee.

The First 60 routine

Water, then morning light, mobility, and coffee 90 minutes after waking.

AFTER THE WEEK

What seven days cannot show you.

Habits fix what you can feel. Blood work shows what you can't. ApoB. Free testosterone. HbA1c. None of them announce themselves.

When your circumstances change, we are here.

KNOWLEDGE

Science backed longevity

The reading behind everything in this checklist, in plain English.

vanguardman.co/knowledge

CLIENT STORIES

What it looks like in practice

Real members, real numbers, in their own words.

vanguardman.co/results

Educational only, not diagnosis or treatment. If you have a medical condition or take medication, speak to your doctor before changing your exercise or diet. Stop and seek help if you feel chest pain or faintness. Day 5 intervals only if you are cleared for hard exercise.