

FREE FIELD GUIDE · NO. 01

IVD

SEVEN DAYS · ONE PROTOCOL

# The 7-Day *Reset.*

*A one-week course correction across the four pillars of a real life. Sleep, food, focus, and a vision that holds.*

MARIJN VAN DUUREN

ATHLETE OF LIFE · RAISING THE STANDARD

MARIJNVANDUUREN.COM

# Read first. Then run it for *seven days*.

*Most weeks run on autopilot. This is one week with the autopilot off.*

You have the knowledge. You've read the books, listened to the podcasts, watched the videos. You know what you should be doing. And every Monday begins with the same conviction, only to find you back in the same patterns by Friday.

The cheap dopamine, the small distractions, the comforts that quietly steal what you tried to build. They aren't the cause. They're the symptom. The real gap is between knowing and doing, and it only closes through systems. Lived honestly. Run consistently. Refined every season.

This is one week of structured work across the four pillars of a real life. Body, build, bonds, belief. Each day asks one thing of you, gives you a clear protocol to run, and asks you to notice what shifts. Nothing fancy. Nothing impossible. Just the foundations, brought back into focus.

*If you do all seven days as written, you'll know more about what your week actually does than ninety per cent of the people you know.*

## How to use it.

Read this guide once. Then start on a Monday. Each day is one page, designed to take five minutes to read and the rest of the day to live. At the end of the week, the closing page asks one question: what changes.

Keep a notebook nearby. Write down the daily check at the end of each day. The check is small, the compound is large.

That is all.

## Sleep is the *floor*.

*Get this right and almost everything else has a chance. Get this wrong and no amount of training, food, or focus can fully compensate.*

Sleep is not a hack. It is the floor your other systems stand on. Every other pillar (food, focus, mood, identity) bends to it. The good news: sleep is mostly logistics. Same time in. Same time out. Light in your eyes early. Phone out of the room.

Today is about putting that logistics in place, on purpose, for the rest of the week. The rest of the protocol works only if this one holds.

### TODAY'S PROTOCOL

1. Pick your bedtime tonight. Pick your wake time tomorrow. Aim for eight hours between them. Write both in your calendar.
2. Within thirty minutes of waking, get sunlight in your eyes. Cloudy day works. Five minutes minimum. No phone first.
3. Sixty minutes before your bedtime, no screens. Read paper. Sit. Talk to someone. Write something down.
4. Phone charges in the kitchen. Use a real alarm clock. Bedroom is for sleep only.

---

*The check. Did you make it into bed on time? Tomorrow morning, write down how you feel on a scale of one to ten, within five minutes of waking. That number is your baseline. We'll watch it across the week.*

## Food is the *signal*.

*Most people don't undereat protein. They underestimate the difference one clean meal makes when the rest is honest.*

Food does not need to be complicated. It needs to be clean and consistent. The body listens to the inputs, and the inputs decide more than the macros. Quality over count. Real over engineered.

Today is about three honest meals, anchored by protein, free of the small toxins that quietly disrupt the system. No counting. No app. No new diet. Just better signal.

### TODAY'S PROTOCOL

1. Within sixty minutes of waking, eat thirty grams of protein. Eggs, meat, fish, dairy. Real food, not powder.
2. Three meals today. Not snacks. Each meal: a protein, a vegetable or fruit, a healthy fat. Olive oil over seed oils. Glass over plastic.
3. Drink water from glass. Skip the diet drinks. Skip the seed oils. Skip the ultra-processed.
4. Eat sitting down, without a screen, at least once today.

---

*The check. Notice how you feel two hours after each meal. Tired? Sharp? Bloating? Calm? Write one word per meal in your notebook. The food was the cause.*

# Movement is the *reset*.

*A walk is a workout. The rest is bonus.*

Movement does not have to mean a session. The most reliable, lowest-cost intervention you can do for body, mind, and mood is daily walking, outside, in real light. Everything else is optional refinement.

Today is the simplest day of the week. Walk. Lift. Move. Nothing more.

## TODAY'S PROTOCOL

1. Forty-five minutes of walking, outside. Split it into chunks if needed. No headphones for at least one stretch.
2. Three sets of any compound lift. Push-ups count. Five minutes total is enough.
3. After every meal today, stand up and walk for at least five minutes.

---

*The check. At the end of the day, ask: did I move enough that my body actually needs the sleep I scheduled on day one? If yes, the answer is in your nervous system. If no, more walking tomorrow.*

## One deep block. *That is enough.*

*One ninety-minute block of focused work, run honestly, beats any eight-hour day of half-attention.*

The economy you operate in rewards focus. The phone is built to steal it. The reset of your work week is the deliberate practice of taking it back, one block at a time.

Today, you run one block. Not three. Not five. One. Done well. Then stop.

### TODAY'S PROTOCOL

1. Pick the most important task you're avoiding. Write it on paper.
2. Block ninety minutes in your calendar. Phone in the other room, on do-not-disturb.
3. Set a timer. Work. When the timer ends, stop. Do not extend.
4. Note what you finished and what you avoided. Both are useful data.

---

*The check. Did the world end while your phone was in the other room? Notice that it didn't. Notice what you got done. The block is your most leveraged ninety minutes of the day.*

# Reach out. *On purpose.*

*The standard rises faster in the company of people who hold a higher one.*

Most weeks run with the same five faces, the same five conversations, the same five small comforts that pretend to be connection. The bonds pillar is about widening that, deliberately, in directions that grow you.

Today is one outreach. Not networking. Not transactional. A real message to someone who matters, with no ask attached.

## TODAY'S PROTOCOL

1. Pick one person you respect, who you haven't spoken to in a while. Friend, mentor, family, ex-colleague, anyone.
2. Write them a short message. Two to four sentences. Tell them why you appreciate them, what you're thinking about, or ask one honest question.
3. Send it before noon. Do not check for a reply.
4. If they reply, write back honestly. If they don't, move on. Both are fine.

---

*The check. The bonds you keep are the people you keep showing up for. Today, you showed up for one. That is the practice.*

## Write the vision. *Hand it back to yourself.*

*A vision in your head is wishful. A vision on paper is operational.*

The deepest pillar is also the simplest one to ignore. Mind, faith, purpose, conviction, the inner system that decides what you say yes and no to. Today is about putting that system into words. On paper. In your handwriting.

Most people have never written down what they actually want. The act of writing it is itself a step closer to having it.

### TODAY'S PROTOCOL

1. Take twenty minutes today, in a quiet room, with a notebook and pen. No phone.
2. Write three things: who you want to be in twelve months, what your week looks like when that's true, and what you would have to stop doing to get there.
3. Read it back. Edit it. Read it again.
4. Put it somewhere you'll see it on Monday morning.

---

*The check. What did you avoid writing? That is the line where the next chapter begins.*

# The review. *Twenty minutes.*

*The week didn't fully happen until you noticed it.*

A week without review is a week without learning. The closing day of any reset is the most underrated. It is where the inputs of the past seven days become the design of the next.

Today, you review. Honestly, briefly, on paper.

## TODAY'S PROTOCOL

1. Set a twenty-minute timer. One page in your notebook. No phone.
2. Three sections. What worked. What didn't. What I keep going next week.
3. Under each, write three lines. Specific. Honest. No editing.
4. On a final line, write: the standard I'm raising is. Finish the sentence in your own words.

---

*The check. The review is the single most leveraged twenty minutes of your week, every week, for the rest of your life. Day seven is not the end. It is the rhythm.*

# That was the *foundation*.

*You ran the protocol. You wrote the checks. You saw your week with the autopilot off.*

Notice what you noticed. Where the friction was. Where the ease showed up. The seven days you just ran are not a finish line, they are a baseline. Use them.

If you want to go further, the work continues. Not as a sales pitch, but as an open door for the people who want it.

## What's *next*.

**Ultimate Health Guide.** The complete book. All four pillars, all areas of life, brought together in one comprehensive guide. Available soon at [marijnvanduuren.com](http://marijnvanduuren.com).

**CORE30.** A tiered thirty-day program for the ones who want structure with accountability. By application.

**Sunday Notes.** One short letter every Sunday. The work, kept honest. Subscribe at [marijnvanduuren.com](http://marijnvanduuren.com).