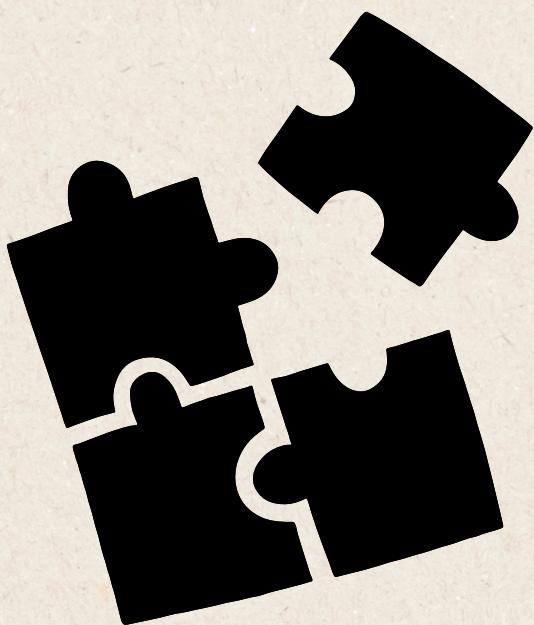


THE

NEVER FALL

OFF SYSTEM



Stay locked in through stress, sickness, and setbacks, without restarting.

THE MISSION

This isn't about being perfect.

This is about never losing progress, even when life hits hard,

Something that used to happen to me, over and over and over again.

No more 'back on Monday.'"

No more crash, feel overwhelmed, restart, repeat.



You don't need more motivation. You need a system that doesn't break when you do.

THE 5 PILLARS OF **NEVER FALLING OFF**



1. ***The Anchor Routine***
2. ***The Bodybuilding Baseline***
3. ***The Nutrition Reset***
4. ***The Shutdown System***
5. ***The Reset Response***

THE ANCHOR ROUTINE

This is to start your day grounded, and generate as much momentum as possible.

Before stress and chaos can hit, you must put yourself in the strongest possible position to handle it.

The Goal: anchor your body before the world pulls you off track.



MORNING ROUTINE:

- 1. Wake up at the same time daily (yes, even weekends)**
- 2. Drink 500-1000 mL water with a pinch of salt**
- 3. Get natural light within 10 minutes of waking**
- 4. No scrolling or stimulation for the first 30 Minutes**
- 5. Eat a protein-based breakfast within 60 Minutes (sets appetite, hormones and focus)**

THE BODYBUILDING BASELINE

The minimum effective dose that keeps muscle, structure, and sanity in check, even during tough weeks.

TRAINING

- 4 - 5 Sessions per week
- Focus on intensity and form, not perfection
- On bad days: do SOMETHING, eg. a walk, light pump, or stretching. *Motion maintains momentum.*



INTRA HYDRATION (optional but ideal)

- 1 Scoop EAAs
- 1 Scoop Electrolytes
- 20g Carb Powder (or Powerade)
- 2 Pinches of salt

This fuels performance, pumps, and recovery.

THE NUTRITION RESET

You don't need to track every gram.

You need structure that doesn't fall apart.

BASE FRAMEWORK:

- **3-5 Consistent Meals**
- **Protein source in every meal**
- **Carbs around training (rice, oats, fruit, potato)**
- **Healthy fats for hormones (olive oil, nut butter, avocado)**

WATER INTAKE: *3-4 Litres per day*

If you fall off:

- **Don't "start over." Just get back to your next meal.**
- **One clean meal puts you back in control.**



Clean, simple foods will fuel you, clear your mind, and digest well.

When momentum is lost, you're often one clean meal away from getting back on track.

SIMPLICITY = SUSTAINABILITY

THE SHUTDOWN SYSTEM

Your sleep dictates recovery, energy, appetite and even your physiques look.

Treat it like training, it's where your adaptations actually happen.

90 MINUTE WIND DOWN:

- **Dim lights / Night Shift ON**
- **No bright screens**
- **Low-stim: read, stretch, or relaxing content**
- **Cool room: 20-22°C**
- **Make sure it's dark and quiet**

Sleep Stack (30-60 minutes before bed):

- **300mg Magnesium Glycinate**
- **5g Glycine**
- **2g Taurine (optional)**
- **200mg L-theanine**



**DEEP SLEEP IS WHERE YOUR PHYSIQUE HARDENS,
YOUR BRAIN RESETS, AND YOUR DRIVE REBUILDS**

THE RESET RESPONSE

Heres what to do when you fall off. Because you will.

If you miss meals:

- **Resume at the next meal.**

If you miss training:

- **Walk or stretch. Tomorrow = new start**

If you feel off mentally:

- **Get sunlight, hydrate, and eat something real.**



Essential Supplements for Stability:

- **Vitamin D3 (5000iu) - mood & hormone support**
- **Fish Oil (1-2g EPA/DHA) - inflammation, joints, focus**
- **Zinc (30-50mg Glycinate/Picolinate) - immunity & hormones**
- **Magnesium Glycinate (200-400mg) - sleep & recovery**
- **Electrolytes - hydration & performance**

These are the foundations, simple, basic supplements that work.

THE MINDSET CODE

**Discipline isn't about doing more. It's about
doing what matters, every day.**

**You don't chase motivation.
You don't restart after bad days.
You just return to baseline, again and again,
until it becomes who you are.**



**A printable checklist is included on the
next page.**

7 DAY RESET

TICK OFF EACH PILLAR FOR THE NEXT 7 DAYS AND REBUILD UNSTOPPABLE MOMENTUM

DAY	ANCHOR ROUTINE <i>MORNING FOUNDATION</i>	BODYBUILDING <i>TRAINING BASELINE</i>	NUTRITION RESET <i>CLEAN MEALS + ROUTINE</i>	SHUTDOWN SYSTEM <i>NIGHT ROUTINE FOR SLEEP</i>
1				
2				
3				
4				
5				
6				
7				