



THE SWEAT WITH STODDS PROTOCOL

My daily, weekly, monthly protocols to optimize health and fitness outcomes



TAKE WHAT FITS AND LEAVE THE REST

Follow as much or as little as fits for you from the protocols listed. Curious about applying them to your own life? Book a lifestyle consult through my Instagram @sweatwithstodds.

DAILY

View morning sunlight without sunglasses for 10 minutes

Minimum 7,000 steps, goal 10k+

Consistent bedtime (9:30-10)

Consistent wake up (5:50-6:45)

30 minute+ workout/movement (defined in weekly)

Minimum 1 hour outside, goal 3+ hours

Post-meal walk or dance party minimum 2x/day

30g+ protein and vegetable at every meal

30g+ of fiber

Minimum 1 serving of probiotic rich food (sauerkraut,
yogurt)

gratitude journaling

5 minutes of breathwork/meditation or affirmations

SUPPLEMENTS

(don't take without bloodwork to confirm need)

omega 3 supplement (equilife)

vitamin D

berberine

glutathione

heme iron (2x/day)

coq10 enzyme

Magnesium glycinate + Ned Sleep CBD before bed (Code
STODDS saves you \$\$)

WEEKLY

consume a variety of 30+ different plant foods (fruits, vegetables, nuts, legumes, spices, etc)
minimum 4x sauna (infrared or traditional) for 20 minutes
minimum 4x cold plunge for 3 minutes
3 total body strength sessions
2 45+ min zone 2 cardio sessions
1 Vo2 Max focused workout
1 mobility session
1 recovery day (walking, contrast therapy)

MONTHLY

2x acupuncture
1 massage focused on muscle recovery
1 chiropractic adjustment

AS NEEDED

Red light therapy for 10 minutes (esp if no sunshine available)

Non-sleep deep rest for 10 minutes to prevent afternoon slump