The Default Week

Simple defaults for a stronger, longer life.

If you do nothing else, do this. It isn't optimal for everyone, but it's good enough for almost everyone. Good enough, done for years, beats optimal for three weeks.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lift	–	Lift	–	Lift (opt.)	–	Rest
● Walk	● Walk	● Walk	● Walk	● Walk	● Walk	○ Easy

Any days work. Leave at least one day between lifting sessions, and treat the third session as a bonus, not a requirement.

01 TRAIN

Lift 2–3× a week, 40–60 minutes

Big compound movements, a few hard sets each, a little more over time.

- Each session covers a squat or leg press, a hinge (Romanian deadlift, deadlift or hip thrust), a push (bench, overhead press or push-ups) and a pull (rows, pulldowns or pull-ups).
- Do 2–4 working sets per movement, stopping 1–3 reps before you'd fail with good form.
- Progressive overload: when you hit the top of your rep range on every set, add a rep or a little weight next time.
- Write it down. A notes app is enough. Progress you don't track is hard to see.

Why: Strength and muscle tend to hold up quality of life as you age. Compound lifts give you the most of both for the least time.

02 MOVE

Walk most days

The cheapest, most underrated habit on this page.

- Aim for more than you do now. Many people settle around 7,000–10,000 steps, but any steady increase counts.
- Stack it: walking calls, a walk after meals, getting off one stop early.
- If you want a cardio session, a brisk walk uphill or an easy bike ride where you can still talk works well.

Why: Daily movement supports heart health, blood sugar control and mood, and it adds to your calorie burn without making you hungrier the way hard sessions sometimes do.

03 EAT

Protein at each meal, mostly whole foods

Calories decide fat loss. Protein and food quality decide how you feel doing it.

- Build each meal around a protein source: eggs, Greek yogurt, fish, meat, tofu, legumes, cottage cheese. The protein calculator on the site gives you a daily range.
- Fill the rest with mostly minimally processed food: vegetables, fruit, whole grains, potatoes, beans, nuts and olive oil.
- Fat loss comes down to eating a bit less than you burn, sustained over time. Meal timing, carb timing and “fat-burning foods” matter far less.
- Leave room for food you enjoy. A plan you can't keep doesn't help.

Why: Adequate protein helps you keep muscle while losing fat and keeps you fuller. Whole foods make the calorie side easier without constant counting.

04 SLEEP

A consistent sleep window

Same-ish bedtime and wake time, including weekends.

- Pick a wake time you can keep seven days a week, then work backwards to a bedtime that allows 7–9 hours in bed.
- Make the room dark, cool and quiet. Blackout blinds or an eye mask are cheap upgrades.
- Limit late caffeine. Its effects can last many hours, so a simple rule is none after early afternoon.
- Keep alcohol modest, especially near bedtime. It can make you sleepy, but it tends to fragment sleep later in the night.

Why: Sleep affects appetite, training recovery, mood and decision-making. It's hard to out-train or out-diet a chronic shortfall.

05 EXTRAS · OPTIONAL

Optional extras, last

Only once the four basics above are mostly on autopilot.

- Creatine monohydrate, 3–5 g a day, is among the most studied supplements and is generally considered safe for healthy adults. Skip it or ask your doctor first if you have kidney disease or take regular medication.
- Morning light: get outside for a few minutes soon after waking. It may help anchor your body clock and make evenings sleepier.
- That's the list. If someone tries to sell you a stack of twenty, be skeptical.

Why: These are small, cheap nudges on top of the basics, not replacements for them.

When the week falls apart

Two short lifting sessions, a few walks, protein at breakfast and a fixed wake time. That's the floor. Hold the floor, and the rest comes back.

General information for healthy adults, not medical advice. Talk to a qualified professional about your own situation, especially if you have a medical condition, are pregnant or take medication. Last updated 25 November 2026. Latest version: https://theeverydaystuff.app