



ONE LIFE · THE FIELD MANUAL · FOUNDERS & EXECUTIVES

The Operator Protocol.

Health built inside the business day, not around it. The complete method: movement, real food, sleep, stress. Written for the person the company runs on.

"Your business grew. Your body picked up the tab."

CASSIO OLIVEIRA · FRACTIONAL CHIEF HEALTH OFFICER
15+ YEARS · 8+ COUNTRIES · 5 CONTINENTS

WHY THIS EXISTS

Every asset in your company has an owner. *Except one.*

Your revenue has a dashboard. Your legal exposure has counsel. Your books have a CFO. The body running all of it has nobody, no review cycle, and no accountable owner. It is the only asset with no backup and the only one that decides how long you get to enjoy the rest.

This manual is the system I install with clients, written down. Not a diet. Not a training program. An operating protocol for a person who opens the shop, runs payroll, travels on short notice, and gets home after the kids are asleep.

WHAT THIS IS

The whole method, unedited.

The same four pillars, benchmarks, escalation ladders and decision trees I use with paying clients. No teasers, no gated chapters, nothing held back to force a conversation.

WHAT THIS IS NOT

A replacement for judgment.

Written for generally healthy adults. It is not medical advice and does not diagnose or treat anything. Speak to your physician before changing training, nutrition or supplements, especially on medication.

Why give away the method? Because the method was never the scarce part. Knowing what to do has never been the bottleneck for people like you. Installing it inside a week that fights back, then calibrating it as your body and calendar change, is the work. Read this, run it, and you will be further ahead than ninety percent of people who paid for something worse.

THE FIRST LAW

Order of operations. *Layered, never stacked.*

Attempting all four pillars in week one feels heroic and predicts dropout. There is a sequence, and it is not negotiable, because each layer makes the next one physiologically possible.

STEP	THE LAYER	WHY IT SITS HERE	WINDOW
1	Sleep floor	Nothing else works underneath sleep debt. Recovery, appetite hormones and decision quality all sit downstream of it.	Days 1–30
2	Protein floor	Without protein, training breaks you down faster than it builds you up, and hunger destabilizes everything else.	Days 1–30
3	Movement	The signal. Once sleep and protein are in, the body can actually adapt to training instead of just absorbing damage.	Days 15–45
4	Stress protocol	Last, because it stays invisible until the first three are dialed in and the limiter shifts to the nervous system.	Days 30–60

The 30-day rule. No more than one new pillar per 30-day window. You are not being cautious. You are being an operator: sequenced rollouts survive, simultaneous rollouts collapse. You already know this from every system you have ever implemented in your business.

THE NO-PATCHES RULE

Never chase a marker with a purchase.

If something is not moving, we do not add a supplement, a gadget or a hack. We go back upstream and find the pillar with the gap. Patches are how you lose the system.

THE COMPOUNDING RULE

Judge in quarters, not weeks.

One bad week is noise. One good quarter is a different body. Every decision in here is built to survive twelve months, not to impress you in seven days.

01

Movement.

Strength three times a week. Cardio twice. Walking daily. Programmed against your body and your calendar, never a template. The goal is not fitness. It is capacity: the strength, recovery and durability to operate at full force for the next twenty years.

Four anchor lifts. *Everything else is accessory.*

Every client carries exactly four movements that get re-tested every quarter. They are the progression metric. If the anchors are moving, the program is working, regardless of what the mirror or the scale says this week.

PATTERN	PRIMARY ANCHOR	BACK-OFF OPTION
Squat	Goblet squat or back squat	Box squat to controlled depth
Hinge	Trap-bar deadlift or Romanian deadlift	Kettlebell deadlift from blocks
Push	Dumbbell bench press or overhead press	Floor press or landmine press
Pull	Chin-up or single-arm dumbbell row	Inverted row, feet elevated to scale

TESTING RULE

10RM, conservatively.

Test a ten-rep max, never a one-rep max, and never in week one. You are measuring a trend across quarters, not proving something to yourself on a Tuesday.

READING RULE

Stalled twice means look upstream.

Missing target reps two sessions running: hold the weight another week. Still missing: check protein and sleep before assuming the program is wrong. It usually is not the program.

Home and hotel versions of every anchor exist and count. A Bulgarian split squat with a rear foot on a hotel chair is a real squat pattern. A table row is a real pull. The pattern is the point; the equipment is a detail.

PILLAR ONE · THE STANDARD

Strength benchmarks, *40 and over.*

Numbers expressed as multiples of bodyweight for ten reps. Most people have never been given an honest target. Here is one. Entry is where a healthy operator should be. Excellent is where durability for the next two decades gets built.

MEN 40+				WOMEN 40+			
LIFT	ENTRY	STRONG	EXCELLENT	LIFT	ENTRY	STRONG	EXCELLENT
Squat	0.75×	1.0×	1.25×	Squat	0.5×	0.75×	1.0×
Trap-bar deadlift	1.0×	1.5×	2.0×	Trap-bar deadlift	0.75×	1.0×	1.5×
DB bench	0.4×	0.5×	0.65×	DB bench	0.25×	0.35×	0.5×
Chin-up	3 reps	8 reps	12 reps	Chin-up	assisted	1 rep	5 reps

How to use these. Test once, conservatively, then leave them alone for ninety days. Retest the same four lifts under the same conditions. The direction is the entire message. A number that moved while your calendar stayed hostile is proof the system works inside your real life.

One honest note: these are targets for generally healthy adults with clean movement. Pain is not something to train through. Persistent joint pain above three out of ten in any anchor pattern means stop and get assessed. That is not caution. That is protecting the asset.

The template that survives a real calendar.

DAY	SESSION	DURATION
Mon	Strength A, lower dominant. Anchor squat, anchor hinge, accessory, core.	45–60 min
Tue	Zone 2 cardio. Steady at 60 to 70% max heart rate. Run, bike, swim, brisk walk.	30–45 min
Wed	Strength B, upper dominant. Anchor push, anchor pull, accessory, core.	45–60 min
Thu	Recovery walk. Easy, outdoors, no headphones. This is training, not a day off.	30–45 min
Fri	Strength C, full body. One anchor, a complex, a carry, core.	45 min
Sat	Sport or activity. Tennis, surf, hike, cycling, movement with the family.	60–120 min
Sun	True rest, or one easy walk. Nothing structured. Rest is programmed, not earned.	Rest

BLOCK	SETS × REPS	RPE	REST
Strength baseline, months 1–3	3 × 8–10	7	90–120s
Strength build, months 4–6	4 × 5–8	7–8	2–3 min
Hypertrophy accessory	3 × 10–15	7–8	60–90s
Core, anti-rotation	3 × 8–12	6–7	30–60s
Carry or finisher	3–4 rounds	8	2 min

The deload rule. Every fourth week: half the volume, same load, same lifts. Non-negotiable. Deload immediately, regardless of the calendar, if any one of these fires: recovery score under 33% for three straight days, sleep under six hours for three nights, or joint pain above three out of ten in an anchor area.

PILLAR ONE · THE ROAD

Travel is not an interruption.

It is the test.

A protocol that cannot survive a week on the road is not a protocol. It is a countdown. Here is exactly what to run, by trip length.

TRIP LENGTH	WHAT RUNS
1–3 days	Maintain, do not chase. One session if it fits. Walk every day, defend the protein floor, protect the wake time. Nothing is lost in three days.
4–7 days	Two hotel-gym sessions. Cut every accessory, keep the anchors. Walk daily. Recovery is the objective, not progression.
8–14 days	Volume to 60% of baseline. Add one local activity: a hike, a swim, a sport. Push real intensity once per cycle, not more.
14+ days	Treat it as a mini-block. A 14-day program on whatever equipment exists. Re-test the anchors on return.

HOTEL GYM DEFAULTS

Assume dumbbells to 25kg, a bench, a cable machine, a treadmill. That is enough for everything that matters.

- **Lower:** goblet squat, dumbbell RDL, split squat, walking lunge, plank.
- **Upper:** dumbbell bench or floor press, dumbbell row, shoulder press, cable face pull, dead bug.
- **Full body:** dumbbell RDL, push press, split squat, renegade row, suitcase carry.

The travel mindset reset. A seven-day trip with three hotel sessions and eight thousand steps a day is a win. Not a compromise, not a lost week. Discharging that guilt is part of the work, because guilt is what turns one disrupted week into a disrupted quarter. You compound over twelve months, never over seven days.

02

Real Food.

Protein-anchored, plant-supported, three meals. No counting, no restriction theatre, no meal-prep Sunday. A way of eating that survives month three, the client dinner and the airport, because those are not exceptions. They are your life.

Protein is medicine. *Calories are not.*

If you change one thing in this entire manual, change this. Protein drives recovery, protects lean mass through fat loss, and shuts down the hunger that wrecks every other decision in your day.

YOUR SITUATION	DAILY TARGET	AT 80KG	AT 95KG
Sedentary baseline	1.6 g/kg	128 g	152 g
Training 3× per week	1.8g/kg	144 g	171 g
Training 4× per week	2.0 g/kg	160 g	190 g
Fat-loss phase	2.2 g/kg	176 g	209 g

Divide it across three meals. Thirty to forty grams per meal hits the threshold that actually triggers muscle protein synthesis. Protein bars between meals are not the method; they paper over bad meal architecture.

MEAL ARCHITECTURE · EVERY MEAL, THIS ORDER

FIRST

Protein, physically first.

A palm-sized portion, eaten before anything else on the plate. The order changes your satiety hormones. It is the single most powerful free intervention in nutrition.

SECOND

Vegetables, half the plate.

Color varies day to day. No weighing, no app, no thinking. Half the plate is the whole instruction.

THIRD

Carbohydrate, optional.

A quarter of the plate, whole-food sources preferred. Rice, potatoes, fruit. Earned by training days, welcome after them.

FOURTH

Fat, to taste.

Olive oil, avocado, butter, nuts. Do not engineer it. It happens naturally when the first three are right.

PILLAR TWO · THE SOURCES

The protein ladder, in order of preference.

- **Tier 1, daily:** whole eggs, chicken, beef, fish, lamb, full-fat Greek yogurt, cottage cheese.
- **Tier 2, regular:** pork, sardines, tuna, salmon, hard cheese, pulses.
- **Tier 3, acceptable:** whey isolate ahead of plant blends. Clean-label bars only.
- **Tier 4, travel only:** jerky, shakes, convenience bars. These defend the floor. They never build the program.

THE BREAKFAST THAT REMOVES A DECISION

Same one, every morning, three minutes, roughly fifty grams of protein. Decision fatigue is real and you spend yours on things that matter.

AMOUNT	INGREDIENT	WHY IT EARNS ITS PLACE
200 g	Greek yogurt, full fat, plain	Thirty grams of protein. Full fat holds you through the morning. Never flavoured; the sugar defeats the purpose.
1–2 scoops	Whey protein	Twenty to forty grams more, straight into the yogurt. No blender, no cleanup, no excuse.
1 tsp	Psyllium husk	Slows glucose absorption and keeps you full for hours. The most underrated item in this manual. Drink water with it.
80–100 g	Mixed berries	Highest antioxidant density of any fruit with no mid-morning spike. Frozen works exactly as well as fresh.

Coffee is not breakfast. It never was. Coffee on an empty stomach on top of a cortisol peak is how the three o'clock crash gets manufactured, every single day, by people who then blame the afternoon.

Where founders actually eat.

The protein-first rule is portable. That is the entire reason it was chosen. Print this page, or do not; you will remember it after a week.

SITUATION	WHAT YOU DO
Restaurant	Order the protein dish. Double the vegetables. Skip the bread basket. Wine is fine under two glasses, and not on training days.
Hotel buffet	Three or four eggs, cheese, fruit, coffee. Greek yogurt if it exists. Walk past the pastries; they are engineered to be walked past.
Long-haul flight	Pre-order the high-protein meal. Skip the snack service entirely. Water aggressively. Land, train, then sleep on local time within twenty-four hours.
Stakeholder dinner	Protein first, vegetables second, full social latitude on wine and dessert. Never be the person counting calories at the table. Reset at the next meal.
72-hour family event	Defend the protein floor. Everything else flexes. We do not police family events; that is how people end up hating this.
Back-to-back meetings	Two hard-boiled eggs and a yogurt in the bag beats a heroic lunch you will not get. Boring wins on days like this.

WATER

Thirty-five millilitres per kilogram of bodyweight, daily. At eighty kilos, that is 2.8 litres. Start with five hundred millilitres before your first coffee. Dehydration mimics hunger; half the times you reach for food, you needed water.

PILLAR TWO · CALIBRATION

When it is not working. *The decision trees.*

This is the part almost nobody publishes, because it requires having actually solved these problems on real people rather than writing about them.

THE PATTERN	WHAT TO DO ABOUT IT
Protein target hit, weight static eight weeks	Audit fat and carbohydrate portions. The usual suspects: over-poured olive oil, constant nuts, fruit creep. Drop fat to 0.8 g/kg, hold everything else, recheck in four weeks.
Hungry between meals at week four	Protein is under-portioned per meal. Raise breakfast protein first. Still hungry two weeks later: look at sleep. Sleep debt drives hunger hormones harder than any deficit you could design.
Losing more than 1 kg per week	Add thirty to fifty grams of whole-food carbohydrate at lunch or after training. Aggressive fat loss past forty destroys recovery, sleep and lean mass. Slow is the protocol, not the consolation prize.
Scale stuck four weeks while training hard	Likely recomposition. Do not touch calories. Measure the waist. Waist dropping means continue. Waist static too means audit adherence honestly, with photos of three random days.

What is deliberately absent from this method: calorie counting, macro apps, fasting protocols you did not ask for, cleanses, detoxes, elimination without a medical reason, cheat days, refeeds, and anything with the word metabolism attached to a supplement label. None of it survives contact with a founder's calendar, and most of it does not survive contact with the evidence either.

03

Sleep.

The highest-leverage variable in this document, and the first thing every leader sacrifices. Sleep is where tomorrow's judgment gets manufactured. You cannot buy it back, you cannot catch it up on weekends, and no supplement replaces it.

Three rules that do not flex. Ever.

RULE 01

Seven hours in bed.
Minimum.

Not six and a half. Not catching up on Sunday. Sleep debt does not compound back; you simply operate degraded and get used to it.

RULE 02

Same wake time, ±30 min.

The rhythm builds against your wake time, not your bedtime. Fix the wake first and the bedtime follows on its own within about a week.

RULE 03

Cool, dark, quiet.

Seventeen to nineteen degrees. Blackout or a mask. Phone out of the room, not on airplane mode. Out of the room.

THE NIGHT PROTOCOL · THE SIXTY MINUTES THAT DECIDE THE DAY AFTER

CLOCK	WHAT HAPPENS
-60 min	Last meal complete. The body has to cool to enter deep sleep, and digestion works against that.
-45 min	Screens off. Not silent, off. The two-a.m. cash-flow wake-up is built here, not at two a.m.
-35 min	Magnesium glycinate, 300 to 400 mg. The one supplement most people notice inside five days.
-20 min	Hot shower, ten to fifteen minutes. Stepping out accelerates the core temperature drop that triggers sleep.
In bed	Breathing, four seconds in through the nose, seven hold, eight out. Four to six rounds. The fastest off-switch you own.

PILLAR THREE · ESCALATION

Fix it in this order. *Skip nothing.*

Most people with bad sleep jump straight to level three, buy something, and stay broken. Work the ladder in sequence and give each level its full window before moving.

LEVEL	THE FIX	WAIT BEFORE ESCALATING
1	Environment. Temperature, light, phone removed from the room.	7 days
2	Timing. Fixed wake time, caffeine before 2pm, last meal three hours before bed.	14 days
3	Ritual. One hour of dim light, magnesium glycinate, ten minutes of 4-6 breathing.	14 days
4	Behavioral. No alcohol within three hours, no hard training within three, no work email within one.	14 days
5	Clinical. Take it to your physician. Ask about cortisol timing, thyroid, and a sleep study.	Refer out

IF YOU WEAR A TRACKER

Read the trend, never the day.

Seven-day rolling averages only. Deep sleep target fifteen to twenty-five percent of total; REM twenty to twenty-five. Latency consistently over twenty minutes means escalate the ritual. Three or more mid-sleep wakes means level five.

WHAT IS NOT RECOMMENDED

The usual sleep aisle.

Melatonin supplements at the doses commonly sold. Smart-alarm apps producing confident fake data. Sleep restriction without medical supervision. None of these belong in a first-line protocol.

One drink costs two nights. Alcohol does not reduce sleep hours; it dismantles the architecture inside them, and the second night is often worse than the first. This is why the reset asks for fourteen dry days. Not moralism. Measurement.

04

Stress.

You do not have a stress problem. You have a recovery problem. Stress is not avoidable in your position. It is the job. So the method teaches discharge rather than avoidance: same stress, faster recovery, nothing accumulating.

Ten minutes. *The whole mechanism.*

Four seconds in through the nose. Six seconds out through the mouth. The longer exhale activates the parasympathetic system. That is the entire science, and it is enough. Ten minutes a day, either after waking before coffee and screens, or lying down before sleep.

IF YOU TRACK HRV, HERE IS HOW TO READ IT

WHAT YOU SEE	WHAT IT MEANS AND WHAT TO DO
Trending up over 30 days	The system is adapting. Hold the line. Do not add anything. This is the hardest instruction in the manual for people like you.
Stable but low for your age	Chronic load. Add a twenty-minute midday walk and audit your caffeine cutoff before touching anything else.
Crashing three days running	Acute stressor: illness, travel, crisis, alcohol. Deload immediately. No training that week. Sleep is the only priority. Reassess in seven days.
High but you feel exhausted	Probably a measurement artifact. Never act on a single reading. Wait for the next seven-day window before changing anything.

The one-minute version, for the day that is on fire. Between two meetings, in a corridor: five rounds of four in, six out. Nobody can see you doing it. It will not fix the day. It will keep the day from making the decision for you.

PILLAR FOUR · THE SCAFFOLDING

Recovery is built, not hoped for.

- **One outdoor walk daily, twenty minutes minimum.** No headphones where you can manage it. Sun on skin when it is available. This is the most underrated item in this manual and it costs you nothing.
- **Sauna, two or three times a week** if you have access. Twenty minutes at eighty to ninety degrees, never within two hours of training.
- **Cold exposure, two or three times a week** if you tolerate it. Two to three minutes at ten to twelve degrees. Skip it entirely when your recovery is already low; on those days it is another stressor, not a tonic.
- **Calendar engineering.** Once a quarter, look at a typical week and name the three points where stress accumulates rather than discharges. Then change the calendar. We do not fix the person. We fix the week.

Where this manual stops, honestly. Speak to a physician, therapist or psychiatrist rather than a protocol if any of these are true: persistent low mood beyond four weeks despite doing the work, anxiety that interferes with your work, trauma surfacing, or a substance pattern you would not describe out loud to a friend. Knowing where the edge of scope sits is not weakness in a system. It is the definition of a professional one.

There is no version of this where you outperform your nervous system indefinitely. The founders who last are not the ones with more capacity for stress. They are the ones who built a mechanism to discharge it on a daily cycle, so it never gets to accumulate into the thing that takes them out at fifty-five.

Four supplements. *That is the whole list.*

Everything else requires justification from your own physician-ordered results, not from an advertisement or a podcast. Supplements are the floor of this method. They are never the story.

WHAT	DOSE	WHY IT MADE THE LIST
Vitamin D3 + K2	2–4k IU + 100 mcg	Near-universal deficiency in people who work indoors. Matters for testosterone, immunity and mood. Always taken together.
Magnesium glycinate	300–400 mg, nightly	The one most people notice inside three to five days. Deeper sleep, faster recovery, lower stress response. Glycinate form specifically.
Omega-3, EPA+DHA	2–3 g combined daily	Reduces the systemic inflammation sitting behind poor recovery and foggy afternoons. Check the EPA+DHA number, not the fish-oil number.
Creatine monohydrate	5 g daily, no loading	The most researched supplement in existence, and for you specifically: cognitive function under sleep pressure. Everyone over thirty-five, year-round.

Speak to your doctor before starting any of this, particularly if you take medication. These are evidence-based recommendations, not prescriptions, and this manual does not know your history.

If a marker will not move, the answer is not a fifth supplement. It is upstream, in the pillar with the gap. Every time you add a bottle instead of fixing a pillar, you make the system harder to read and easier to abandon.

THE DASHBOARD

What to measure, and how often.

You would never run the business on daily revenue swings. Do not run your body on daily weight swings either. Here is the review cadence.

CYCLE	WHAT YOU LOOK AT	WHAT YOU ARE ALLOWED TO CHANGE
Daily	Energy, one to ten. Morning and three p.m. That is all.	Nothing. Daily data is for noticing, not deciding.
Weekly	Sessions completed. Sleep hours. Steps. Recovery trend if you track it.	Session scheduling for the week ahead.
Monthly	Waist at the navel. Weight trend, never a single reading. Belt notch.	Protein dose, carbohydrate timing.
Quarterly	The four anchor lifts. Asymmetry checks. Energy average versus last quarter.	The programming block. Anchor selection.
Annually	Bloodwork through your physician. Anything you have been ignoring.	Escalation triggers, referrals, the year ahead.

METRIC 01

Energy.

The headline number. It moves first, usually inside two weeks, and it is the one your team notices before you do.

METRIC 02

The belt.

Honest where the scale lies. Waist at the navel, monthly, same time of day. A notch is worth more than a kilo.

METRIC 03

The anchors.

Quarterly. Strength that is climbing at forty-five is the single best proxy for durability at sixty-five.

WHERE TO START

Do not run all of this on Monday.

You now hold the entire method. The failure mode from here is obvious and I have watched it a hundred times: you attempt everything at once, the week fights back, and by day nine the whole thing is abandoned and filed under things that did not work.

THE FOURTEEN DAYS THAT INSTALL THE FLOOR

DAYS	WHAT YOU RUN
Days 1–3	Baseline your numbers. Move the phone charger out of the bedroom. Protein at breakfast. Nothing else. Expect to feel slightly flat; the system is recalibrating.
Days 4–6	Add the ten-minute walk after lunch and the caffeine cutoff. Recovery starts moving here. You will notice it in the afternoon first.
Days 7–10	Add two eight-minute strength sessions and the night protocol. The morning routine is running on autopilot by now.
Days 11–14	Run the full day, assembled. Then re-measure everything you baselined on day one and read the direction.

The full fourteen-day protocol, with the daily structure, the training sessions, the exact breakfast, the night sequence and a tracker that does the maths, is live here:

onelifefounder-reset.netlify.app

STRAIGHT ANSWERS

The four questions I always get.

QUESTION 01

"I travel constantly."

Then your protocol has to be built for the road, which this one is. Three short sessions and daily walking in a seven-day trip is a win, not a setback. The people who fail at this are the ones running a program designed for someone who sleeps in the same bed every night.

QUESTION 02

"I have no time."

Correct, and this method assumes it. Around twelve minutes a day of new habit, plus training you schedule like meetings. If time were the actual problem, you would have solved this years ago. The gap was never hours. It was a system built for your real life.

QUESTION 03

"Nothing has ever stuck."

Because every plan you quit was designed for a life you do not have. Meal prep Sundays, ninety-minute mornings, an hour a day you were never going to find. Discipline was never the problem. The plan was.

QUESTION 04

"When do I see something?"

Energy moves first, usually between day five and day nine. Sleep quality inside a week of the night protocol. Body composition on a monthly timescale, not a weekly one. Strength quarterly. Anyone promising you faster is selling you something.

What I will not promise you. No outcome guarantees exist in this manual, and you should be suspicious of anyone who offers them for a body they have never assessed. What I do stand behind is the standard of the work and the honesty of the read. Run this properly and you will know inside fourteen days whether it belongs in your life.

WHO WROTE THIS

I live the calendar I write about.



I run three businesses across the Pacific and Brazil: this practice, a restaurant in Nouméa that burned down in the 2024 unrest and was rebuilt from the ground, and a hospitality portfolio between New Caledonia and Brazil. Three languages, five time zones, a family.

I know what a founder's day costs the body because I pay that bill myself, every week, and I have paid it while rebuilding a business from ashes.

Fifteen years working with high performers across eight countries and five continents: founders, chief executives, and royalty among them. Level 4 Personal Training in Australia, the country's highest qualification. Formal grounding in sports science. Clinical experience in Chinese medicine. Advanced nutrition certifications. Featured in Brainz Magazine.

The West taught me to measure the body. The East taught me to read it.

One Life is a fractional Chief Health Officer practice. The same seat a company fills for money, filled for the body running the company: one accountable owner for the whole system, integrating what sits uncoordinated between your specialists, measuring what matters, adjusting every cycle.



You have the method. *Now install it.*

Reading this changes nothing. Running the fourteen days changes the way you feel by the second week, and that is the only argument I am interested in making. Start there. It costs you nothing but the fourteen days.

STEP ONE

Run the 14-Day Reset.

The full daily protocol, the training sessions, the breakfast, the night sequence and the tracker.

onelifefounder-reset.netlify.app →

STEP TWO

Send me your numbers.

Day one against day fourteen. I read every one personally and give you a straight read on what they mean.

[DM "RESET" · @onelifeprotocol](https://t.me/onelifeprotocol) →

Want to move faster? Come straight to me. Fifteen minutes, three sharp questions, a straight read on your single biggest leak. You leave either working with me or knowing exactly what to do next. Both are a good outcome.

[Book the 15 minutes →](#)

CASSIO OLIVEIRA · ONE LIFE · FRACTIONAL CHIEF HEALTH OFFICER
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