

ELITE ROAD WARRIOR MANIFESTO



I WILL MOVE

by implementing the **↑M4X** formula to stand more, walk more, run more, and lift more.



I WILL FUEL

by continually hydrating, eating clean and green, and carrying a controlled substance.



I WILL REST

by adding quality than quantity of sleep/breaks to move the body and rest the mind/downtime for time to be, not to be on.



I WILL PERFORM

by planning, using the block and tackle strategy, and pacing.



I WILL DEVELOP

by sharpening the mind, processing thoughts, and monitoring the heart.



I WILL CONNECT

with those who matter most back home by being intentional, thoughtful, and creative.

You can download a copy of this page at
www.EliteRoadWarrior.com/Book.