



A SAMPLE DAY

W H A T S T R U C T U R E A C T U A L L Y L O O K S L I K E

This is a preview of the exact structure Carbon Engines clients run — hour by hour, meal by meal, step by step. Not a generic template. A real system, built once and adjusted around your actual numbers after an intake assessment.

The targets below are illustrative — a stand-in for what your day would look like once we've run your InBody, your training history, and your schedule. The structure is real. The numbers get dialed in to you.

W H Y T H I S E X I S T S

You already know your nutrition and activity are the problem — not your effort.

Driving in isn't realistic right now. It doesn't need to be, for this to work.

Most "plans" fail because they're vague. This one tells you exactly what to do, down to the minute, and someone checks whether you actually did it.

Get your home life this dialed in, and the results show up whether you train with me in person or not — though most people end up wanting to.

THE SCHEDULE

S A M P L E T A R G E T S – S E T F O R R E A L A F T E R Y O U R I N T A K E

5:45 AM **Wake + hydrate**
16oz water, electrolytes. Non-negotiable, every day.

6:00 AM **Training block**
45–60 min. Strength-first, programmed around your goals.

7:00 AM **Breakfast**
~40g protein / ~500 kcal (sample target)

9:00 AM **Step check-in**
2,500 steps by now

12:00 PM **Lunch**
~45g protein / ~600 kcal (sample target)

2:30 PM **Step check-in**
6,000 steps by now

5:30 PM **Step check-in**
8,500 steps by now

6:30 PM **Dinner**
~45g protein / ~550 kcal (sample target)

8:00 PM **Daily log**
Steps, calories, weigh-in — two minutes, sent in

10:30 PM **Lights out**
No food after this point. Sleep is part of the program.

R E A D Y T O R U N T H I S F O R R E A L ?

Apply at carbon-engines.com — or reply and we'll get your intake scheduled and this built around your real numbers.