









# INTERMITTENT LIVING ([Bron](#))<sup>1</sup>

## SAMPLE WEEKLY SCHEDULE ([Bron](#))<sup>2</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sundag
 INTERMITTENT EATING	16/8 <a href="#">LINK</a>	16/8 <a href="#">LINK</a>	16/8 <a href="#">LINK</a>	16/8 <a href="#">LINK</a>	16/8 <a href="#">LINK</a>	16/8 <a href="#">LINK</a>	ENJOY THE REST
 INTERMITTENT COLD	ENJOY THE REST OF YOUR DAY	COLD SHOWER: <a href="#">LINK</a>	COLD SHOWER: <a href="#">LINK</a>	COLD SHOWER: <a href="#">LINK</a>	ENJOY THE REST OF YOUR DAY	ENJOY THE REST OF YOUR DAY	COLD WATER DIP: <a href="#">LINK</a>
 INTERMITTENT EXCERCICES	INTELLIGENT FITNESS <sup>3</sup> LEGS: <a href="#">LINK</a>	INTELLIGENT FITNESS UPPER BODY: <a href="#">LINK</a>	INTELLIGENT FITNESS DYNAMIC STRETCHING: <a href="#">LINK</a>	INTELLIGENT FITNESS CORE: <a href="#">LINK</a>	INTELLIGENT FITNESS FULL BODY: <a href="#">LINK</a>	INTELLIGENT FITNESS ACTIVE: <a href="#">LINK</a>	ENJOY THE REST OF YOUR DAY
 INTERMITTENT HYPOXIE / HYPERCAPNIE	ENJOY THE REST OF YOUR DAY	HYPOXIA <a href="#">LINK</a>	ENJOY THE REST OF YOUR DAY	HYPOXIE <a href="#">LINK</a>	HYPERCAPNIA <a href="#">LINK (8:26)</a>	ENJOY THE REST OF YOUR DAY	HYPOXIA <a href="#">LINK</a>
 INTERMITTENT DRINKING	INTERMITTENT DRINKING <a href="#">LINK (5:30)</a>	INTERMITTENT DRINKING <a href="#">LINK (5:30)</a>	INTERMITTENT DRINKING <a href="#">LINK (5:30)</a>	INTERMITTENT DRINKING <a href="#">LINK (5:30)</a>	INTERMITTENT DRINKING <a href="#">LINK (5:30)</a>	INTERMITTENT DRINKING <a href="#">LINK (5:30)</a>	ENJOY THE REST OF YOUR DAY
 INTERMITTENT HEAT	HEAT TRAINING: <a href="#">LINK</a>	ENJOY THE REST OF YOUR DAY	ENJOY THE REST OF YOUR DAY	ENJOY THE REST OF YOUR DAY	HEAT TRAINING: <a href="#">LINK</a>	ENJOY THE REST OF YOUR DAY	ENJOY THE REST OF YOUR DAY
 INTERMITTENT SLEEPING	TOOLS TO OPTIMIZE YOUR SLEEP <a href="#">LINK</a>	TOOLS TO OPTIMIZE YOUR SLEEP <a href="#">LINK</a>	TOOLS TO OPTIMIZE YOUR SLEEP <a href="#">LINK</a>	TOOLS TO OPTIMIZE YOUR SLEEP <a href="#">LINK</a>	TOOLS TO OPTIMIZE YOUR SLEEP <a href="#">LINK</a>	TOOLS TO OPTIMIZE YOUR SLEEP <a href="#">LINK</a>	TOOLS TO OPTIMIZE YOUR SLEEP <a href="#">LINK</a>
 INTERMITTENT COGINITIVE PRESSURE	BRAIN FITNESS <a href="#">LINK</a>	BRAIN FITNESS <a href="#">LINK</a>	BRAIN FITNESS <a href="#">LINK</a>	BRAIN FITNESS <a href="#">LINK</a>	BRAIN FITNESS <a href="#">LINK</a>	BRAIN FITNESS <a href="#">LINK</a>	ENJOY THE REST OF YOUR DAY
 INTERMITTENT MINDFULNESS	MINDFULNESS FREE APP <a href="#">LINK</a>	MINDFULNESS FREE APP <a href="#">LINK</a>	MINDFULNESS FREE APP <a href="#">LINK</a>	MINDFULNESS FREE APP <a href="#">LINK</a>	MINDFULNESS FREE APP <a href="#">LINK</a>	MINDFULNESS FREE APP <a href="#">LINK</a>	ENJOY THE REST OF YOUR DAY

**BEFORE YOU START: CONSULT YOUR DOCTOR**

1 Bron: <https://www.hlty.be/intermittent-living/>

2 Bron: <https://www.youtube.com/watch?v=qb4qLbf2rNc>

3 Bron: <https://www.amazon.com.be/-/en/Simon-Waterson/dp/1637270593>