



BioHacking Formula Checklist

BASIC



- ☐ Start your day with barley grass juice
- ☐ Later first meal
- ☐ Supplement meal with chlorella
- ☐ Block the blue light after 21:00
- ☐ Finish your day with barley grass juice

MODERATE



- ☐ Keep track of 10,000 steps a day
- ☐ Stay off of Social Networks until noon
- ☐ Every shower finish with cold water
- ☐ Have a joyful physical activity min. 3 times a week
- ☐ Plan your days and write your daily gritudes

ADVANCED



- ☐ Have full spectrum light, or spend min. 2 hours outside
- ☐ Stay 5 days a week on IF healthy keto
- ☐ Have one day of fast every week
- ☐ Keep a digital detox 1 day a week/weekend in a month
- ☐ Have HIIT once a week