

21 DAYS · MIND + BODY + MOVEMENT

Reset *Everything*

*Rewire your brain. Rebuild your body. Three weeks to a stronger,
sharper you.*



BRAIN TRAINING



FITNESS



STRETCH & RECOVERY



Ignition Day



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Write down 10 things you're grateful for — by hand, not typed (5 min)
- Memorize a 10-digit phone number using chunking (3 min)
- Number sequence challenge: write out 5 number patterns (e.g. 2, 4, 8, 16... or 1, 1, 2, 3, 5...), then create 3 of your own sequences and solve them — no calculator, just pen and paper (10 min)

FITNESS

- 20 bodyweight squats
- 10 push-ups (modified is fine)
- 30-second plank
- 15 glute bridges
- Repeat circuit x2

STRETCH & RECOVERY

- Neck rolls — 5 slow each direction
- Standing forward fold — hold 30 sec
- Hip flexor lunge stretch — 30 sec each side
- Child's pose — 60 sec

WHY THIS DAY WORKS

Day 1 is about signaling to your nervous system that change is beginning. Handwriting activates more motor cortex than typing — the gratitude list builds emotional baseline. Number sequence challenges activate the parietal lobe and force your brain to identify and create patterns, a foundational skill for logical reasoning. The fitness circuit hits every major muscle group to wake the body up. The stretches lengthen tight muscles, increase blood flow, and begin to restore the range of motion most people lose from daily sitting.

Cardio + Creativity



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Alternative uses: pick a pen — write 10 uses for it that aren't writing (5 min)
- Learn 5 words in a new language using Google Translate's free phrasebook at translate.google.com — speak each one aloud 3x (10 min)
- Word association chain: write a starting word, then write 20 connected words as fast as possible — each word must link to the last. Time yourself, then do it again faster (10 min, free at wordassociation.org or just pen and paper)

FITNESS

- 20-min brisk walk or jog (nose-breathe the first 10 min)
- 20 jumping jacks
- 10 burpees (step-back version is fine)
- 1-min wall sit

STRETCH & RECOVERY

- Calf stretch against wall — 30 sec each
- Seated hamstring stretch — 45 sec each side
- Thoracic spine rotation — 5 reps each side
- Supine knee-to-chest — 30 sec each

WHY THIS DAY WORKS

Divergent thinking (alternative uses) activates your prefrontal cortex and right hemisphere — the creativity seat. Language learning forces your brain to form entirely new neural maps. Word association chains train semantic memory and processing speed — the faster and further your associations travel, the more flexible and connected your thinking becomes. The cardio component floods your hippocampus with BDNF, which enhances memory consolidation during the mental tasks that follow.

Strength + Numbers



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Mental math sprint: 15 two-digit multiplication problems, no calculator (10 min)
- Pattern recognition: pick a number, find it in your environment 10 times
- Memory palace: mentally 'place' 8 grocery items in rooms of your home (5 min)

FITNESS

- 3x10 slow push-ups (3 sec down, 1 sec up)
- 3x12 reverse lunges
- 3x10 tricep dips on a chair
- 3x15 crunches

STRETCH & RECOVERY

- Chest opener doorway stretch — 45 sec
- Seated spinal twist — 30 sec each side
- Wrist and forearm stretch — 20 sec each direction
- Low lunge — 45 sec each side

WHY THIS DAY WORKS

Mental arithmetic activates the parietal lobe and builds numerical fluency most adults let atrophy. The memory palace (method of loci) is a 2,500-year-old technique — even one practice session measurably improves recall. Slow resistance training builds more muscle fiber than fast reps and recruits greater neural motor units.

04

Balance + Focus



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- 10-min focused meditation — breath counting only, restart if you lose track
- Interference challenge: write the numbers 1–20 randomly scrambled on paper, then circle all the even numbers as fast as you can — time it, rest 1 min, repeat 3 rounds and try to beat your previous time each round
- Read a challenging article outside your field for 15 min, then write a 3-sentence summary from memory

FITNESS

- Single-leg balance: 60 sec each foot
- 20 lateral side squats each direction
- 20 hip circles each side
- 3x12 Romanian deadlift (loaded backpack or jugs)
- 20 standing calf raises

STRETCH & RECOVERY

- Standing quad stretch — 30 sec each side
- Pigeon pose — 60 sec each side
- Seated forward fold — 60 sec
- Happy baby pose — 45 sec

WHY THIS DAY WORKS

The interference challenge is a pen-and-paper measure of processing speed and cognitive inhibition — your brain must scan, filter, and respond accurately under time pressure, which strengthens executive function. Repeating it across three rounds trains the brain to suppress distraction faster with each pass. Meditation begins to thicken the prefrontal cortex with as little as 8 minutes daily. Balance training fires proprioceptive neural circuits in the cerebellum — a brain region often ignored in standard workouts.

Power + Pattern



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Learn 1 card trick with a mathematical principle (look up 'the 21 card trick') — practice x3
- Speed-read one Wikipedia article using a finger pointer — recall 5 facts aloud
- Draw a map of your neighborhood from memory, then compare to Google Maps

FITNESS

- 10 explosive squat jumps
- 10 clap push-ups (or fast push-ups)
- 20 mountain climbers
- 15-sec sprint in place x5 with 30 sec rest
- 20 donkey kicks each side

STRETCH & RECOVERY

- Downward dog — 60 sec
- Lizard pose — 45 sec each side
- Neck side stretch — 20 sec each side
- Full-body stretch arms overhead — 30 sec

WHY THIS DAY WORKS

Power training recruits fast-twitch muscle fibers and elevates catecholamines — hormones linked to heightened alertness and focus. Drawing maps from memory activates spatial navigation circuits in your hippocampus — the same region damaged early in Alzheimer's. Card tricks combine procedural memory, sequencing, and working memory simultaneously.

06

Endurance + Music



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Learn to play a 4-chord pattern on guitar, piano, or ukulele — free at [youtube.com](https://www.youtube.com), search '4 chord beginner [your instrument]' (20 min)
- If no instrument: learn to beatbox — free tutorial at [youtube.com](https://www.youtube.com), search 'beatbox basics for beginners' (10 min)
- Journal for 10 min stream-of-consciousness — no editing, no re-reading

FITNESS

- 30-min walk or jog with no phone or podcasts — just observe
- 50 bodyweight squats total, broken into sets
- 20 push-ups total, your pace

STRETCH & RECOVERY

- Sun salutation x3 — slow and deliberate
- Seated butterfly — 60 sec
- Lying quad stretch — 30 sec each
- Deep diaphragmatic breathing — 5 min (4 in, 6 out)

WHY THIS DAY WORKS

Music engages more areas of the brain simultaneously than almost any other activity — motor cortex, auditory cortex, limbic system, and prefrontal cortex all activate at once. Even one session of learning an instrument creates measurable structural changes. The phone-free walk reduces default mode network rumination and builds attentional control.

07

Rest + Reflect



BRAIN



STRETCH



REST

BRAIN TRAINING

- Review days 1–6: what felt hardest? Write 5 sentences on it
- Spend 15 min reading fiction — fiction builds theory of mind (empathy circuitry)
- Sleep hygiene: no screens 1 hour before bed tonight

FITNESS

- Rest from intense exercise — gentle movement only

STRETCH & RECOVERY

- Full-body foam roll or massage if available — 10 min
- Yin yoga: butterfly, caterpillar, sphinx — 2 min each
- 10-min guided sleep meditation — free at [TheEverything.com](https://www.theeverything.com)

WHY THIS DAY WORKS

Rest is not optional — it's when adaptation happens. Muscle fibers rebuild during sleep. The hippocampus consolidates the week's new neural pathways during deep sleep. Fiction reading activates the 'theory of mind' network, improving social cognition. The guided sleep meditation at [TheEverything](https://www.theeverything.com) activates the parasympathetic nervous system, lowering cortisol and priming deep restorative sleep. Honor today so Week 2 can be harder.

Reload — Week 2 Begins



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Dual N-Back: 10 rounds at N=2 — free at brainscale.net/dual-n-back (step up from Day 1)
- Memorize 15 random words using visualization — generate a list free at randomwordgenerator.com, then recall them in 5 min
- Write down your most complex belief and steelman the opposite position (10 min)

FITNESS

- 4x10 push-ups
- 4x12 squats
- 4x10 reverse lunges each side
- 3x12 pike push-ups (for shoulders)
- 3x20 calf raises

STRETCH & RECOVERY

- Hip 90/90 — 60 sec each side
- World's greatest stretch — 5 reps each side
- Shoulder cross-body stretch — 30 sec each
- Spinal roll-down — 5 slow reps

WHY THIS DAY WORKS

Steelmanning (arguing the opposing view convincingly) is one of the highest-order cognitive exercises — requiring perspective-taking, logic, and emotional control simultaneously. Increasing N-Back level taxes your phonological loop and visuospatial sketchpad at once. Week 2 increases training volume 20% — enough to push adaptation without injury risk.

Intervals + Chess



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Play 3 games of chess (Chess.com free) – review your mistakes after each
- Solve 5 chess tactical puzzles
- Teach someone one thing you learned this week – even if by text (Feynman Technique)

FITNESS

- HIIT: 20 sec work / 40 sec rest x8 rounds
- Exercises: jump squats, push-ups, high knees, burpees (rotate)
- Rest 2 min. Then: 2-min total plank hold (break as needed)

STRETCH & RECOVERY

- Deep squat hold – 60 sec
- Kneeling hip flexor – 45 sec each
- Thoracic opener over a rolled towel – 45 sec
- Legs up the wall – 3 min

WHY THIS DAY WORKS

Chess is the only recreational activity where both hemispheres are simultaneously and equally recruited — pattern recognition (right) and planning (left). Teaching what you've learned is the single most effective way to consolidate knowledge into long-term memory. HIIT produces a 450% greater BDNF spike than steady-state cardio, directly accelerating neuroplasticity.

Coordination + Core



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Non-dominant hand writing: copy 2 paragraphs of text with your weaker hand (15 min)
- Watch a 10-min TED Talk with the sound off — guess the topic from visual cues only
- Memorize the first 15 elements of the periodic table in order

FITNESS

- 3x15 dead bugs (core stability)
- 3x12 bird dogs
- 3x20 bicycle crunches
- 3x15 hollow body holds (5 sec each)
- 3x10 single-leg glute bridges each side

STRETCH & RECOVERY

- Cat-cow — 10 slow reps
- Thread the needle — 30 sec each side
- Lying twist — 45 sec each side
- Supported fish pose — 60 sec

WHY THIS DAY WORKS

Writing with your non-dominant hand creates new neural pathways by forcing your brain to recruit motor cortex regions it normally ignores. Silent video watching improves non-verbal emotional intelligence. Core stability training fires deep spinal muscles that protect your back and improve posture — which directly affects mood via the brain-body feedback loop.

Speed + Strategy



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Speed-read for 20 min with a finger pacer – aim 20% faster than comfortable
- Pattern recognition with a deck of cards: shuffle a standard deck, flip cards one at a time and group them by any pattern you notice – suits, colours, odds/evens, sequences – as fast as possible. Reshuffle and try a different grouping rule each round (3 rounds, 10 min)
- Plan the next 30 days of your life in 15 min – write it out, don't overthink

FITNESS

- Sprint intervals: 10x 30-sec sprint, 30-sec walk
- 10 explosive push-ups after each sprint
- Finish: 3-min total plank (break into chunks)

STRETCH & RECOVERY

- Standing forward fold with clasped hands – 30 sec
- Standing figure-four – 30 sec each side
- Prone back extension (cobra) – 3x20 sec
- Diaphragmatic breathing – 5 min

WHY THIS DAY WORKS

Speed reading trains your eyes to move in saccades rather than word-by-word – a trainable motor skill. Card-based pattern recognition forces rapid visual categorisation and rule-switching – each new grouping rule recruits cognitive flexibility, the same mental muscle used in complex problem solving. Sprint training at this stage capitalises on the cardiovascular base you've built. Planning activates the prefrontal cortex's prospective memory and reduces anxiety by shifting your brain from reactive to proactive mode.

Mindfulness + Muscle



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- 20-min guided meditation — free at [TheEverything.com](https://www.theeverything.com)
- Mindful observation: sit outside for 10 min, write down 10 things you've never noticed
- Write a letter to your future self in 6 months — seal and schedule it

FITNESS

- Slow resistance circuit — 4 sec down, 2 sec up, no rest between reps
- 3x10 slow push-ups
- 3x12 slow squats
- 3x10 slow glute bridges
- 3x10 slow reverse lunges
- 2-min wall sit

STRETCH & RECOVERY

- Yin yoga: dragon pose — 2 min each side
- Frog pose — 90 sec
- Supine spinal twist — 60 sec each side
- Savasana with 4-7-8 breathing — 5 min

WHY THIS DAY WORKS

The guided meditation at [TheEverything](https://www.theeverything.com) strengthens interoceptive awareness — your ability to sense your internal state — linked to better emotional regulation and decision-making. Mindful observation outside retrains your attentional system to notice what it usually filters out. The letter to your future self activates the default mode network constructively, linking present identity to future goals. Tempo training (slow reps) produces significantly greater hypertrophy per rep than normal tempo.

Skill + Power



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Learn a new skill in 25 min: origami, a knot, a magic trick, a new recipe — something with your hands
- Reverse counting: from 100 by 7s out loud (100, 93, 86...) 3 rounds
- Write a 200-word story beginning with the last sentence of any book near you

FITNESS

- 10 broad jumps (jump as far forward as possible)
- 10 squat jumps
- 10 clap push-ups (or fast decline push-ups)
- 10 box step-ups each side (use a stair or chair)
- Repeat circuit x3

STRETCH & RECOVERY

- Hip circle flow — 10 each direction
- Deep lunge with twist — 30 sec each side
- Seated forward fold — 90 sec
- Reclined butterfly — 90 sec

WHY THIS DAY WORKS

Fine motor learning (origami, knots) activates the cerebellum and motor cortex together — dexterity training has been shown to slow cognitive decline. Counting backwards by odd intervals is a working memory challenge used in clinical cognitive assessments. Power training this late in Week 2 tests your accumulated base — you should feel stronger than Day 5.

Rest + Recharge



BRAIN



STRETCH



REST

BRAIN TRAINING

- Gratitude + progress journal: compare Day 14 to Day 1 – be specific
- 20-min nap if possible (set a timer – 20 min max to stay in Stage 2 sleep)
- Screen-free evening – read, sketch, or talk to someone important to you

FITNESS

- Rest. Gentle walking only if desired.

STRETCH & RECOVERY

- 30-min restorative yoga class – at TheEvrything.com
- Foam roll block – at TheEvrything.com
- Epsom salt bath if available – 20 min
- Breathwork: 5 min box breathing (4-4-4-4)

WHY THIS DAY WORKS

You are now halfway. Rest is strategic, not lazy. A 20-min nap (Stage 2 sleep) improves subsequent alertness, learning, and motor performance by up to 34% (NASA-studied). The restorative yoga class and foam roll block at TheEvrything are specifically designed to flush lactic acid, release fascial tension, and signal full recovery to your nervous system. Reflecting on Week 2 vs. Week 1 literally strengthens the memory of your progress by reviewing it. Week 3 is the hardest week. Arrive ready.

Week 3: Elevation



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Dual N-Back: N=3 for 10 rounds – free at brainscale.net/dual-n-back
- Memorize a poem (10+ lines) – find one free at poets.org/poems – recite it from memory tonight
- Write a persuasive argument for something you personally dislike (10 min)

FITNESS

- 5x10 push-ups
- 5x12 squats
- 5x10 dips
- 5x12 reverse lunges each side
- 5x15 glute bridges
- 2-min plank

STRETCH & RECOVERY

- World's greatest stretch – 6 reps each side
- Hip 90/90 with forward fold – 60 sec each side
- Chest and shoulder opener – 60 sec
- Spinal roll-down – 6 slow reps

WHY THIS DAY WORKS

Week 3 escalates intentionally on all three fronts. N=3 Dual N-Back is clinically difficult — most untrained people fail here. Memorizing poetry simultaneously builds phonological working memory, pattern recognition, and emotional processing. By Day 15, your cardiovascular baseline, muscle endurance, and cognitive stamina are all measurably higher than Day 1.

Complex Movement + Deep Focus



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Deep work block: 90 min of your most cognitively demanding task with no interruptions
- After the block: write 3 insights or problems you encountered
- 10 min: watch a TED Talk at 1.75x speed (free at ted.com) and take notes

FITNESS

- Yoga flow: sun salutations x5 fast (cardio)
- 20 Bulgarian split squats each side (rear foot on chair)
- 20 diamond push-ups
- 30 mountain climbers
- Handstand hold against wall — 30 sec (or headstand prep)

STRETCH & RECOVERY

- Pigeon pose — 90 sec each side
- Pec minor stretch — 45 sec each side
- Neck and trap release — 30 sec each direction
- Savasana — 5 min

WHY THIS DAY WORKS

90-minute deep work blocks align with your brain's ultradian rhythm — the natural 90-min focus cycle. Interrupting it kills flow state; respecting it compounds cognitive output. Bulgarian split squats are one of the most demanding single-leg exercises and reveal strength asymmetries. Handstand work is proprioceptive, vestibular, and strength training simultaneously.

Creative Surge



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Write a 500-word short story from scratch — set timer, don't stop (30 min)
- Sketch your dream home or town from imagination — 20 min, no reference
- Improvise: speak for 2 min on a random topic (roll a die + a category list)

FITNESS

- AMRAP 20 min (as many rounds as possible):
- 8 push-ups, 10 squats, 12 sit-ups, 30-sec plank
- Track your rounds — beat it next time you try this

STRETCH & RECOVERY

- Deep hip flexor series — 90 sec each side
- Thoracic bridge — 10 reps
- Seated straddle — 2 min
- Full-body shakeout + diaphragmatic breathing — 5 min

WHY THIS DAY WORKS

Unconstrained creative output fires the default mode and executive networks simultaneously — this co-activation is the neuroscience of creative flow. AMRAP training is the highest-intensity fitness format in the challenge — it rewards the 16 days of conditioning you've built. By now, your VO₂ max, muscle endurance, and cognitive flexibility are all elevated.

Social Brain + Endurance



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Have a 30-min conversation with someone you find intellectually challenging
- Afterward: write down 3 things you learned and 1 thing they were right about that you weren't
- Watch a documentary on a topic you know nothing about (45 min)

FITNESS

- 40-min steady-state run, bike, swim, or fast walk
- Focus on nasal breathing the entire time
- After: 3x10 slow bodyweight squats as cool-down

STRETCH & RECOVERY

- Full lower-body yin sequence — 2 min per pose:
- Butterfly, sleeping swan, caterpillar, reclining twist
- Progressive muscle relaxation — 10 min: lie down and tense each muscle group hard for 5 seconds, then release completely for 10 seconds. Start at your feet and move upward — calves, thighs, glutes, belly, hands, arms, shoulders, face. The contrast between tension and release trains your nervous system to recognise and drop held stress

WHY THIS DAY WORKS

Social cognition is among the most metabolically expensive brain activities — real conversations recruit theory of mind, language, working memory, and emotional regulation simultaneously. Admitting where someone else was right trains intellectual humility, which correlates with better long-term learning. Long steady-state cardio clears cortisol and initiates parasympathetic recovery.

The Gauntlet



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Memory challenge: in 5 min, memorize 20 items from a randomly generated list at randomlistgenerator.com — test yourself
- Rapid-fire alphabet categories: pick a category (animals, cities, foods) and name one for every letter A–Z out loud without stopping — time yourself and repeat with a new category (3 rounds, 10 min)
- Write your personal manifesto in 150 words — what you stand for, non-negotiably

FITNESS

- The Gauntlet Circuit — 3 rounds, no rest between exercises:
- 15 push-ups, 20 squats, 10 dips, 20 lunges, 15 glute bridges, 1-min plank
- Rest 2 min between rounds only
- Track total time

STRETCH & RECOVERY

- Stretch block — at TheEvrything.com

WHY THIS DAY WORKS

Day 19 is the hardest day of the challenge by design. The rapid-fire alphabet categories game forces verbal fluency and retrieval speed under pressure — your brain must rapidly scan semantic memory and suppress wrong answers simultaneously, a high-level executive function workout. Writing a personal manifesto is a values clarification exercise with measurable psychological benefits — it reduces decision fatigue and increases follow-through. The stretch block at [TheEvrything](https://TheEvrything.com) after the Gauntlet is essential — it flushes metabolic waste, prevents next-day stiffness, and begins the recovery process your body needs. You have one more hard day after this. Leave it all on the floor.

Integration + Flow



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Revisit the memory palace from Day 3 — add 10 more items to it
- Repeat the Day 4 interference challenge — write 1–20 scrambled on paper, circle all evens as fast as possible, 3 rounds — are you faster than Day 4?
- Write a 1-page reflection: who are you at Day 20 vs Day 1?

FITNESS

- Free movement day — dance, hike, swim, play a sport, do yoga — or choose any class at [TheEverything.com](https://www.theeverything.com)
- Whatever gets you out of your head and into your body joyfully
- Minimum 30 min of movement

STRETCH & RECOVERY

- Intuitive stretch: move slowly through whatever your body asks for — 20 min
- No rules. Just feel.

WHY THIS DAY WORKS

Day 20 is integration — your brain needs to connect all the new skills, pathways, and habits formed over 19 days. Revisiting your memory palace shows how much your recall has grown. Repeating the Day 4 interference challenge on pen and paper gives you a direct, measurable comparison to Week 1 — most people are noticeably faster, which is concrete proof of cognitive adaptation. Free joyful movement — or a class at [TheEverything](https://www.theeverything.com) — activates the reward system and reinforces the intrinsic motivation needed to make these habits permanent.

21

You Made It — Now What?



BRAIN



FITNESS



STRETCH

BRAIN TRAINING

- Final Dual N-Back: 10 rounds at N=2 at brainscale.net/dual-n-back (compare to Day 1 N=1)
- Teach someone the most important thing you learned — brain, body, or about yourself
- Commit to 3 habits from this challenge to keep permanently — write them somewhere visible

FITNESS

- Full circuit: best of all weeks
- 3x12 push-ups, 3x15 squats, 3x10 dips, 3x12 lunges
- Finish with the Day 19 Gauntlet — compare your time to 2 days ago

STRETCH & RECOVERY

- Celebratory full-body yoga flow — 20 min
- Sun salutations x5
- Long savasana — 10 min
- Write 3 things your body can do today that it couldn't 21 days ago

WHY THIS DAY WORKS

Ending with a benchmark creates measurable evidence of your transformation — your brain's reward system responds powerfully to concrete proof of growth. Teaching someone else cements the knowledge permanently (the Protégé Effect). Writing the 3 habits you're keeping is the most important exercise of the 21 days: the challenge was never the goal. It was the beginning.

You *Showed Up.*

Every day you open this is a rep. Every day you close it having done the work is a win. 21 days. Non-negotiable.

RESET EVERYTHING · 21 DAY CHALLENGE