

Log your day. Now.

One line. Colour, minutes or zero, an honest reason. That is the whole system – and it starts with this line, not tomorrow morning.

YOUR DAY 1

Date: _____

Colour: ● ● ●

Minutes or zero: _____

What: _____

Honest reason for the colour:

MY DAY 25 – WHAT AN ENTRY LOOKS LIKE

2 September · Yellow · 19 minutes · 40 sit-ups

Noticed it while stretching: the resistance was bigger than yesterday. So I changed the dose, not the direction. No burpees, no push-ups. Abs only. Pressure from every side – money, time, four kids. And still there was calm, because I know one direction and do not run in four at once.



GREEN – NORMAL STANDARD

Your full, safe version.



YELLOW – MINIMUM STANDARD

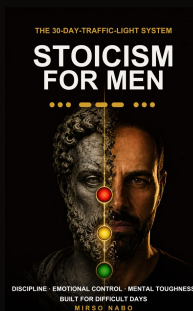
The smallest safe version that holds the direction. Not zero.



RED – RECOVERY STANDARD

Rest, care, treatment or getting help. Not a defeat.

The colour is set in the morning, once, honestly. It is not a grade, it is a reading. No streak you can break – only a day without an entry does not count.



Thirty days like this – with date, colour, minutes and everything that happens in between – are in the book *Stoicism for Men: The 30-Day Traffic-Light System*. The next pages show you my morning and the plan that takes you to your own standard in four weeks.

GET THE BOOK → [SOSFORMEN.ONLINE](https://sosformen.online)

This is how my morning starts

Eyes open. Sit on the edge of the bed. Check briefly. Set the colour. Stand up. Act.

I do not roll from right to left. I do not negotiate with the bed. The decision was made the night before – the morning only carries it out. Bathroom, teeth, training clothes on. The body gets moving before the head has finished phrasing an excuse.

Only one thing gets set fresh in the morning: the colour. Not the why. What was planned yesterday is a direction, not an order against the body. The colour sets the dose. And it is set once, honestly – not at 5 p.m., when the couch calls.

On the next pages you get the system, my complete routine and the plan that takes you from fifteen minutes to your own standard in four weeks. Because that is the core: The standard stays. The method serves. Take what fits you. Change the rest.

Important before you start: This is my personal routine, not medical or sports-science advice. Adapt scope, exercises and intensity to your state of health. Pain, dizziness or unusual symptoms are not a test of character: stop the load and have it checked professionally. If you have pre-existing conditions or are unsure, talk to a doctor first.

The system at a glance

Three colours. Three standards. One honest entry.



GREEN – NORMAL STANDARD

You carry out your full, safe version.



YELLOW – MINIMUM STANDARD

You carry out the smallest safe version that holds the direction. Not zero. Small, but alive.



RED – RECOVERY STANDARD

Illness, injury, crisis or need for protection: rest, care, treatment or getting help. Not a defeat.

The colour is not a grade. It is a reading. Your standard follows your body, your health and your circumstances. Either you carry out the standard you chose, or you do not. Both get written down. Only a missing entry stays unchecked.

THE BODY RULE

Your head gets no veto. Your body keeps it.

No motivation, bad mood, late night, "today is not my day" – those are negotiations. They do not count. You do your ten.

Severe chest pain, severe or unusual shortness of breath, cold sweat, fainting, sudden paralysis or trouble speaking – you stop and call emergency services. Pain, fever, dizziness or a joint that gives way – you stop and have it checked. That is not a soft day. That is a managed one.

Ten burpees are my number. Yours may be a seated movement, a breathing exercise or a day of care. The colour stays the same; the number next to it is yours.

The five building blocks

No gym needed. A kettlebell and resistance bands help, but they are not a must.

1 Mobility

Start calmly: guide hips, shoulders and spine through controlled ranges of motion. I often go into a deep squat and stay there as long as the position stays clean and pain-free. Mobility is not an extra – it keeps you free in everyday life.

2 Legs and balance

Squats, lunges, controlled jumps or jumping jacks – a few exercises you master technically. A man is carried from below: strong legs are foundation, not decoration.

3 Push-ups in rhythm

My standard is one hundred – in clean sets: twenty push-ups, short break, twenty jumping jacks, next set. The number one hundred is mine, not yours. If you are starting out, start at the wall or with a few clean reps. Quality comes before numbers – always.

4 Pulling and holding

Pull-ups, assisted pulling variations, hanging. They demand back, shoulders and grip. The idea: not only being able to push – being able to straighten up, carry something and hold something. In training and in life.

5 Endurance

To finish: running, brisk walking or whatever fits your day. Endurance grows through measured load, recovery and time. The standard is movement – the method serves the man.

My morning on a green day

Minute by minute – not as a prescription, but as an example to build your own version on.

MINUTE	WHAT HAPPENS
0–3	Eyes open. One, two, three seconds. Up. No snooze button, no negotiation – the decision was made the night before.
3–8	Bathroom: teeth, cold water on the face, training clothes on (they are laid out). Kettlebell, bands, phone as stopwatch – and out.
8–16	Block 1 – Mobility: hips, shoulders, spine. Deep squat as long as it stays clean and pain-free.
16–24	Block 2 – Legs and balance: squats, lunges, controlled jumps.
24–36	Block 3 – Push-ups in rhythm: one hundred, in clean sets – twenty push-ups, short break, twenty jumping jacks, next set.
36–42	Block 4 – Pulling and holding: pull-ups or band pulls, plus hanging for grip and shoulders.
42–50+	Block 5 – Endurance: usually running, sometimes brisk walking. Then shower – and the day belongs to me before it belongs to anyone else.

The numbers are mine, not yours. The whole block – getting up, bathroom, five building blocks, shower – is about an hour; the training itself is about 45 minutes. Your entry point starts at 15 minutes.

That is what my green version looks like when life plays along. In the thirty days in the book it rarely did: there, my green days sit between twenty-two and forty-two minutes. Both are green. **The traffic light measures the day, not the archive.**

The 4-week starter plan

You do not start at one hundred push-ups. You start at a version you can do again tomorrow morning.

WEEK	YOUR MORNING	TIME
Week 1 Arriving	Getting up without negotiation (3-second rule) · 5 min mobility with deep squat · 10 squats · 5 push-ups at the wall or on the knees · 5 min brisk walking	approx. 15 min
Week 2 Building	5 min mobility · 2 × 10 squats · 2 × 5–8 push-ups · 20 jumping jacks · 10 min walking or easy running	approx. 20–25 min
Week 3 Connecting	5 min mobility · 3 × 10 squats or lunges · 3 × 8–10 push-ups alternating with jumping jacks · first pulling exercise: hanging or band rows · 10–15 min endurance	approx. 30 min
Week 4 Standard	All five building blocks in your dose: mobility · legs and balance · push-ups in rhythm · pulling and holding · endurance	approx. 40–45 min

Rule for every week: quality before numbers. If a week comes too early, repeat it. The plan serves you – not the other way round.

And on yellow days the same applies here: the smallest version that holds the direction. On red days: recovery – written down, not hidden.

If-then protocols for real days

Decide these cases once, in advance. Then your tired head has nothing left to decide at 6 a.m.

If I overslept ...

... the 5-minute version runs before anything else happens: 10 squats, 10 push-ups in your variation, 30 seconds deep squat. No catching up in the evening – the rhythm counts, not the bookkeeping.

If I have no motivation ...

... the rule is: body first, discussion second. Training clothes on, the first 10 squats. After that you may stop. Usually the resistance gets small after the first reps – and if not, you have met your minimum standard.

If I am travelling ...

... the room version runs: deep squat, squats, push-ups, lunges – 15 minutes, no equipment. Whoever plans the trip as an exception has no routine left after three trips.

If the kids are up early ...

... the routine is not postponed but spread out: mobility and legs while the kids have breakfast or join in – kids love jumping jacks. The rest follows in a second short wave later in the morning.

If the night was short ...

... you set the traffic light honestly. Yellow means minimum dose instead of the full programme. Red means recovery – catching up on sleep is the training that day. Adapting protects the direction. Excuses make it disappear.

The evening decides the morning

The battle at 6 a.m. is won the evening before. Five moves, ten minutes.

- 1 **Lay out your training clothes.** Visible, complete, always in the same place. Searching is the first open door for the excuse.
- 2 **Set your sleep window.** Count back seven to eight hours from your wake-up time – that is your cut-off for screens and light. The routine does not start at 6 a.m., it starts at 10 p.m.
- 3 **Phone out of the bedroom.** An alarm clock costs ten euros. Whoever falls into the news first thing hands the first hour of the day to others.
- 4 **Make the morning concrete.** One sentence is enough: "Tomorrow: set the colour, fifteen minutes, then shower." What is concrete gets done. What is vague gets negotiated.
- 5 **Close the day.** One minute of review. A reading, not a verdict – just as you set the colour in the morning, you set the balance in the evening.

ONE THOUGHT FOR THE MORNING

"At dawn, when you have trouble getting out of bed: I am rising to do the work of a human being."

MARCUS AURELIUS · MEDITATIONS V, 1 · OWN RENDERING

You do not get up because you feel like it. You get up because it is your work as a man – movement, family, direction.

The ten most common mistakes

Each of these has ended a thousand routines. Know them – and walk past them.

1 **Starting too big.**

Whoever wants one hundred push-ups on Monday is out by Thursday. Start with the dose you can do cleanly on your hardest yellow day.

2 **Negotiating with the bed.**

Every discussion after the alarm, you lose. The decision is made in the evening – the morning only carries it out.

3 **Reaching for the phone first.**

Messages, mails, news – and your day already belongs to others. Move first, be reachable second.

4 **Expecting perfect conditions.**

There is no perfect week. The routine is built for real days – that is why yellow and red exist.

5 **Mistaking red with zero minutes for a missing entry.**

Red is managed. Without an entry it is not a day at all.

6 **Numbers before quality.**

Ten clean reps beat thirty bad ones. Your back keeps the books.

7 **Setting the colour in the evening.**

At 5 p.m. every day is a yellow day. The traffic light is set in the morning – once, honestly.

8 **Yellow as a permanent state.**

If your light is always on yellow, the evening has to work, not the morning: sleep, load, recovery.

9 **Copying instead of adapting.**

My routine is mine. The standard stays, the method serves – build your version.

10 **Documenting only for an audience.**

Your standard has to carry you without views. Carry it out – and tell no one.

Build your own morning routine

Write your version down in three levels – that way it stays usable even when the day does not start perfectly. Every level should be concrete, safe and doable.



GREEN – MY FULL MORNING ROUTINE (NORMAL STANDARD)



YELLOW – MY MINIMUM DOSE FOR TIRED OR FULL DAYS



RED – MY RECOVERY ACTION FOR ILLNESS OR EXHAUSTION

If you cannot do one hundred push-ups, do not do one hundred bad ones. Find a clean dose you can repeat. Maybe it is one rep. Maybe five at the wall. It is not about the number. It is about the direction staying visible.

Your routine does not have to impress anyone. It has to lead you into your life.

The 30-day tracker

Print it. Hang it where you pass by in the morning. One line a day – colour, minutes or zero, what, and the honest reason.

DAY	DATE	COLOUR	MIN / ZERO	WHAT	HONEST REASON FOR THE COLOUR
1		  			
2		  			
3		  			
4		  			
5		  			
6		  			
7		  			
8		  			
9		  			
10		  			
11		  			
12		  			
13		  			
14		  			
15		  			
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21		  			
22		  			
23		  			
24		  			
25		  			
26		  			
27		  			
28		  			
29		  			
30		  			

You skip no entry. A zero gets written down. A day without an entry is not a red day – it is no day at all.

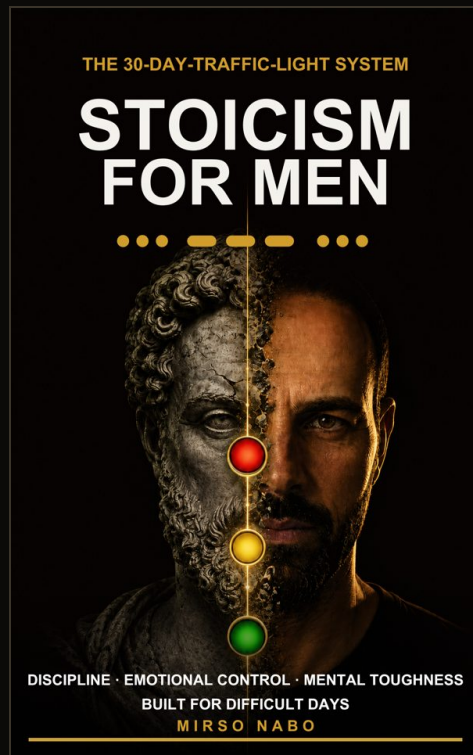
Never write down more than you did. When in doubt, less.

Missed a day? Fill it in later. Colour, minutes or zero, done. You do not catch up and you do not pay off any debt with a double session.

EVENING CHECK – THREE QUESTIONS, THREE MINUTES

1. Where was I today the man I want to be?
2. Where did I drift from my standard? Describe the behaviour – not your identity.
3. What is my one visible correction for the next 24 hours?

YOU NOW HAVE YOUR MORNING.
NOW LEAD THE WHOLE DAY.



This routine is the morning of thirty days. In the book *Stoicism for Men* you get all thirty – with date, colour and minutes, the green ones and the red ones. Plus the three standards, the loops, the evening check and the traffic-light system you can return to after hard days.

GET THE BOOK → [SOSFORMEN.ONLINE](https://sosformen.online)

Every day live on Instagram: [@mirso.nabo](https://www.instagram.com/mirso.nabo)

*Every man drifts.
Strong men find their way home.*