Weekly wellbeing summary

Edition 2026 · Weeks 1–2 · Initial Autophaygy with IF 16h and pescatarian diet · Monday through Sunday

4	9	7	285 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Breathwork: Cyclic sighing Breathwork	X		X		X	X	X	5
Breathwork: Wim Hof-style cyclic breathing + retention Breathwork							X	1
Meditation: Loving-kindness (metta) Meditation		X		X				2
Yoga: Hatha Yoga						X		1