

Autophagy

by Malcolm Cesar

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Set a gentle window

Choose a realistic overnight eating break before trying aggressive fasting.

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02

Protect protein

Plan a protein-forward meal after training or a longer fasting window.

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03

Walk after dinner

Take a calm 15-20 minute walk after your last meal today.

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04

Stop late grazing

Move one snack earlier or remove it entirely so digestion can wind down.

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05

Mark recovery days

Schedule at least one low-stress day each week instead of stacking pressure endlessly.

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06

Hydrate before caffeine

Drink water and minerals before the first stimulant of the day.

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07

Track sleep first

Record bedtime and wake time for seven days before optimizing supplements.

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08

Refeed calmly

Break a fast with a normal meal instead of treating it as permission to overcorrect.

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