

# Automate Your Weekly Body Review

*One body line a day in the Captain's Log. Sunday reads it back.*

The Log you raised in Week 1 is the instrument — this week it earns its keep. One line a day about the temple (sleep, training, fuel), then a standing Sunday rhythm that reads the week and hands you ONE change, not ten.

## Action checklist

- Add a daily body line to your Captain's Log — one sentence: sleep, training, fuel, energy.
- Set a recurring Sunday-evening trigger (Calendar event, or a 'Body review' Habitify habit).
- Sunday: paste the week's Log lines into Claude: "Flag the ONE change with the highest return."
- Log that change as the coming week's Habitify habit. Next Sunday, read the Log and repeat.

### THE LOG IS THE SAIL

Week 1 raised the Captain's Log; this week it starts pulling. A captain who logs the temple daily never has to guess why he's tired — and one change a week is unrecognizable in a year.

## Scripture sit

*1 Corinthians 6:19–20 — "Your body is a temple... glorify God in your body." Stewardship is a rhythm, not a sprint.*

## What I noticed

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## Captain's next move

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