

WEEK 2 · BODY — THE CAPTAIN'S WEEK RUNNER

One week, one sail: the Captain's Log.

Sail of the Week: *The Captain's Log* (applied) · 1 Corinthians 6:19–20 · Rule: **ONE SACA completes the week.**

What you need: your iPhone, the Log you started Week 1, ~1 minute a day, 10 minutes Sunday evening.

MONDAY — Set it up (10 min)

- 1. Decide where the body line lives: your Captain's Log note, or a Habitify habit named “Body line.”
- 2. Write the first one — one sentence: sleep, training, fuel, energy. (e.g. “6.5 hrs · walked 2 mi · too much coffee · 6/10.”)
- 3. Set a recurring Sunday-evening reminder: “**Body review — 10 min.**”

TUESDAY–SATURDAY — Run it (1 min a day)

- 4. One body line a day, in the Log. Honest beats impressive.

SUNDAY EVENING — The review (10 min)

- 5. Paste the week's lines into Claude: “*Flag the ONE change with the highest return.*”
- 6. Log that ONE change as the coming week's habit. Not two. One.
- 7. Mark the **Chart: SACA 3 — Automate Your Weekly Body Review** → week complete.

THE LINE TO HOLD

One change a week is unrecognizable in a year. Ten at once is how men quit by Wednesday. — “Your body is a temple... glorify God in your body.” (1 Corinthians 6:19–20)

Want more this week? (all optional — the week is already complete)

SACA 1 — Weekly Movement Practice. 3x strength + 2x walking, on the calendar this week. Show up imperfectly.

SACA 2 — Captain's Meal Plan. Protein-forward week: AI drafts 7 dinners + grocery list; whoever shops, collaborates.

Going Further. 5-Night Sleep Audit; the 7 daily drills live under “Optional depth.”