

INNER BISON

THE CAPABLE HUMAN.

A 7-Day Foundation

A field guide for paying attention to how your body responds to light, food, movement, strength and recovery.

from PROCURED TRADITIONS

Information is free. Interpretation is the skill.

HOW TO USE THIS FIELD GUIDE

PAY ATTENTION. LEARN. ADJUST. OWN IT.

This guide brings the full seven-day Inner Bison experience together in one place. It is not a scorecard and it is not a test of whether you did the week perfectly.

Use it to revisit what you noticed, repeat the actions that taught you something useful, and keep building the skill of reading your own signals.

THE IDEA

Your body is giving you feedback all the time. The goal is not to obsess over every signal. It is to stop ignoring all of them.

DAY 1 - Your Body Keeps Time

DAY 2 - Stop Eating From Wake-Up to Bedtime

DAY 3 - Walk After You Eat

DAY 4 - Pay Attention to the Fuel

DAY 5 - Give Your Body a Reason to Stay Strong

DAY 6 - Recovery Is Part of the Work

DAY 7 - Learn to Read Your Own Signals

Your Body Keeps Time

Here's something most people never think about: your body isn't just reacting to what you eat or how you move. It's also paying attention to when you do things.

Light is one of the biggest cues your brain uses to figure out what time it is. Morning light tells your internal clock, "okay, the day has started." Darkness later on tells it, "we're winding down." That's it. That's the signal.

The problem is, modern life muddies all of this. We wake up inside, spend most of the day under fluorescent lights or none at all, then sit in front of bright screens well past sunset - right when our body is trying to hear the opposite message.

So before we touch food, before we talk fasting, before any of that - we're starting here. We're going to give your body a clear, honest signal that morning has arrived.

TODAY'S ACTION

Get outside soon after you wake up. Just a few minutes.

No need to overthink this. Walk out the door, look around, take a lap if you feel like it. Drink your coffee out there instead of at the counter. Let daylight hit your eyes naturally - you don't need to stare at the sun, just be in it.

Then tonight, pay attention to when it actually gets dark around you. Not trying to change anything yet - just noticing the contrast between the light you're getting during the day versus at night.

WHAT TO NOTICE

- How alert did I feel this morning?
- When did I actually start feeling tired tonight?
- How easily did I fall asleep?
- How did I feel waking up?

You don't need to fix any of this yet. Right now, your only job is to pay attention.

That's where it starts.

Stop Eating From Wake-Up to Bedtime

Most people think about food in terms of what they eat and how much. There's another question worth sitting with:

How many hours a day am I actually eating?

A bite while making breakfast. Cream and sugar in your coffee. Breakfast itself. A snack. Lunch. Another snack. Dinner. Something while you're winding down in front of the TV.

None of those moments feels like a big deal on its own. But stack them up and you get an eating window that runs from right after you wake up to right before you fall asleep.

Your body isn't doing the same job all day long. Eating brings energy and nutrients in. The gaps between meals are when your body gets a break from that - time when nothing new is coming in. You don't need an extreme fast to feel the difference between those two states. First, you just need to know whether you're giving your body any real gap at all.

TODAY'S ACTION

Don't try to fast today. Just pay attention.

First calories: _____

Last calories: _____

That gap is your eating window.

Also notice how often something with calories sneaks in during that window - even the stuff you wouldn't normally count as a "meal."

Don't change your habits just because you're watching them. Get a read on your normal pattern first. That said - if you tend to eat right up until bed, tonight's a good night to try wrapping up a little earlier instead of squeezing in one more late snack.

WHAT TO NOTICE

- Am I actually hungry every time I eat?
- Am I eating just because food's in front of me?
- Are there certain times I reach for something on autopilot?
- Do I snack at night because I'm hungry, or because it's just what I do?
- How long is my eating window, really?

You're not trying to prove that eating often is "bad." You're learning something more useful than that:

Hunger and habit aren't always the same signal.

Tomorrow we'll add one of the simplest tools for changing what happens after you eat - walking.

Walk After You Eat

Yesterday you started noticing how often you're eating. Today we're looking at what happens right after.

Most of us finish a meal and just... sit. Back to the desk. Into the car. Onto the couch.

But your muscles could actually put that meal to work. When you move, your muscles need fuel, and some of the glucose floating around in your blood after eating gets pulled in and used right there. You don't need a hard workout for this - something as simple as a walk helps your body handle that post-meal blood sugar rise.

That matters, because we're not trying to turn food into something you need to "burn off." We're trying to understand that movement is part of how your body deals with fuel in the first place.

TODAY'S ACTION

Pick one meal today and take a 10-minute walk right after.

That's the whole assignment.

It doesn't need to be brisk. You don't need workout clothes, and you definitely don't need to track steps or heart rate. Walk around the block. Walk the halls at work. Grab the dog. If you can't get outside, walk laps around the house - it still counts.

If 10 minutes doesn't fit, do what you can. The point is just to connect two things modern life has pulled apart:

Eat. Then move.

And keep tracking yesterday's homework too - your first and last calories of the day, so you're building a real picture of your eating window.

WHAT TO NOTICE

- How do I usually feel after eating?
- Did walking change that at all?
- Did I feel less sluggish?
- What happened to my energy over the next couple hours?
- Was I hungry again as fast as usual?
- How realistic would it be to make this a habit after one meal every day?

Don't worry about feeling some dramatic shift. You're just building awareness of a simple relationship: you eat fuel, your body has to decide what to do with it, and movement gives that fuel somewhere to go.

Tomorrow we start paying attention to the fuel itself.

Pay Attention to the Fuel

For the last three days, you've been noticing when you eat, how often, and what happens when you move afterward. Today we're finally looking at what's actually on the plate.

Food tends to get talked about like it's either "good" or "bad." We're not doing that here.

Your body sees food as information and raw material. Protein gives it building blocks. Fat and carbs provide energy, just in different ways. Vitamins and minerals keep thousands of background processes running that you never think about.

And here's the thing - different meals can leave you feeling completely different afterward. A breakfast that carries you for hours isn't the same experience as one that has you back in the pantry 60 minutes later. You don't need a food tracker to notice that. You just need to pay attention.

Before we get anywhere near calories, macros, or any other number, let's build the skill of connecting what you eat to what happens next.

TODAY'S ACTION

Pick one meal today and actually look at it before you dig in.

Ask yourself: where's the protein?

Then notice what else is there. Fat? Carbs? Is most of it food that came from an animal or a plant, or is it food that came from a package with a long ingredient list?

Don't rearrange the meal to make it look "better" for this exercise. We're not going for a perfect plate - we're going for honest information. Just eat it like you normally would, and then pay attention to yourself over the next few hours.

Keep the other habits going too - track your eating window, and get in that 10-minute walk after a meal. These are starting to stack on top of each other now.

WHAT TO NOTICE

- Did that meal actually fill me up?
- How long before I was thinking about food again?
- Did my energy stay steady, or did I crash?
- Did I want something sweet afterward?
- Was I actually hungry later, or did I just want to eat?
- How much protein was really on my plate?

No need to label the meal good or bad - you're just collecting information. Because eventually the question stops being "What am I allowed to eat?" and becomes "What

happens when I eat this?"

Tomorrow we look at something your body is built to do: get stronger.

Give Your Body a Reason to Stay Strong

Yesterday you looked at protein as one of the raw materials your body gets from food. Today we're looking at what actually tells your body to use it.

Strength.

Muscle isn't just about looking strong or hauling heavy stuff around. It's active tissue - it helps you move, carry things, get up off the floor, protect your joints, and handle the fuel you're eating.

And your body is practical about this. It pays attention to what you actually ask it to do. Ask your muscles to produce force on a regular basis, and your body gets the message that strength matters. Rarely challenge them, and there's less reason to hold onto that ability.

That doesn't mean you need a gym membership or an hour on a workout plan. You just need to give your body a reason to stay capable.

TODAY'S ACTION

Take 10 minutes and do a handful of basic movements that ask something of your muscles.

- Sit down into a chair and stand back up.
- Push against a wall, counter, or something sturdy.
- Pick up and carry something with a bit of weight to it.
- Get down onto the floor and back up.

Pick versions that make sense for your body. Move slow enough to stay in control - we're not testing your max effort here. We're just asking your muscles to work a little.

Keep stacking everything else too: track your eating window, walk after a meal, and stay tuned in to what your food does to your hunger and energy.

WHAT TO NOTICE

- Which movements felt easy?
- Which ones surprised me?
- Did one side feel different than the other?
- When's the last time I actually did something on purpose to get stronger?
- Are there everyday things I avoid now because they feel harder than they used to?
- What would being physically capable mean to me in 10, 20, or 30 years?

Strength isn't something you build just for today. It's something you want in your back pocket for when you actually need it.

Tomorrow we're talking about the part people usually forget when they're trying to improve themselves: recovery.

Recovery Is Part of the Work

Yesterday you gave your body a reason to stay strong. But the effort itself is only half the equation.

Your body needs time to actually respond to what you ask of it.

Training is a stress. So is a long day at work. So is bad sleep, lying awake worrying about something, not eating enough, eating constantly, or just never slowing down. Your body doesn't sort those into separate boxes - it has to deal with all of it at once.

That's why doing more isn't always the answer. Sometimes what actually moves you forward is giving your body enough room to recover from what you're already putting it through.

And a big piece of that is sleep. You don't need a perfect bedtime routine or a complicated setup. Start simpler than that - just give your body a clearer signal that the day is winding down.

TODAY'S ACTION

Tonight, pick a time you're going to start winding down. Not necessarily the exact minute you'll fall asleep - just a point where you consciously start turning the day off.

Dim some lights. Set down whatever can wait until tomorrow. Quiet the room down a bit. If you're on a screen, turn the brightness down or step away from it for a stretch.

Remember where we started on Day 1: light tells your body what time it is. Morning should look like morning. Night should actually look like night.

Then give yourself enough time in bed to actually sleep - not just enough time to lie there.

Keep everything else going too - your eating window, the walk after a meal, paying attention to your food, using your muscles.

WHAT TO NOTICE

- What time do I actually start slowing down at night?
- Am I tired but keeping myself up anyway?
- How much real time am I giving myself to sleep?
- What tends to keep me up later than I meant to be?
- How does a good night's sleep change my hunger, energy, mood, or motivation to move the next day?
- Do I treat recovery as useful, or as something I only get to if everything else is done first?

Recovery isn't the opposite of doing the work. It's part of the work.

Tomorrow we bring everything you've noticed this week together and start asking the question that matters most: what is my body actually telling me?

Learn to Read Your Own Signals

For the last six days, you haven't followed a diet. You haven't counted a single calorie. You haven't chased a perfect workout plan or tried to overhaul your whole life.

You've been paying attention.

You noticed when you get light. When you start and stop eating. What happens when you walk after a meal. How different foods change your hunger and energy. What it feels like to ask your muscles to work. Whether you're actually giving your body enough time to recover.

None of that is complicated on its own. But put it all together and something starts to shift - you now have real information about yourself.

That's the actual skill here. Your body is giving you feedback constantly - hunger, energy, sleep, strength, cravings, mood, soreness, how you feel when you wake up, how you feel two hours after eating. The goal isn't to obsess over every single signal. It's to stop ignoring all of them.

TODAY'S ACTION

Take a few minutes and look back over the week. Don't ask yourself whether you did everything perfectly - that was never the point.

Ask instead: what did I learn about myself?

1. _____

2. _____

3. _____

Now pick one thing from this week that felt worth keeping. Maybe it's getting outside in the morning. Maybe it's closing your eating window earlier. Walking after dinner. Getting protein on your plate. Using your muscles. Going to bed when you're actually tired.

Just pick one. Not six. One thing you can keep doing long enough to see what happens.

WHAT TO NOTICE

- Which habit made the biggest difference in how I felt?
- What surprised me this week?
- Where am I coasting on habit instead of actually deciding?
- What does my body seem to respond well to?
- What feels harder than it probably should?
- What would I want to understand better about myself?

That's what Inner Bison is built around.

We build capable humans through rhythm, strength, and metabolic flexibility.

This week was the beginning. Pay attention. Learn. Adjust. Own it.

YOU FOUND YOUR INNER BISON.

Seven days ago, we didn't ask you to follow another set of rules. We asked you to pay attention.

Now you have something more useful: a better understanding of the signals your own body is giving you.

WHAT DID I LEARN ABOUT MYSELF?

1. _____
2. _____
3. _____

ONE THING I'M KEEPING

We build capable humans through rhythm, strength, and metabolic flexibility.

Information is free. Interpretation is the skill.

PROCURED TRADITIONS

Education + coaching. Not medical diagnosis or treatment.