



WHAT ACTUALLY CHANGED BETWEEN THE TWO PHOTOS

The 2 Year Plan

The exact system behind the 2024 to 2026 transformation. Training, food, sleep, recovery and tracking, written down the way I actually ran it.



The photo I almost deleted

In 2024 I was 42. I was running multiple companies, sleeping badly, tired all the time, and my joints ached in the morning. I took a photo in my garage that I almost deleted, because I did not want evidence of where I was.

Two years later I am 44 and in the best shape of my life. Same person, and honestly, mostly the same day, repeated about seven hundred times.

When I posted the two photos, the most common question was "what did you take?" That is the wrong first question, and this document is the honest answer to the right one: **what did you do?** There are five parts. Training, food, sleep, recovery, and tracking. None of them are impressive on any single day. All of them are unrecognizable after 24 months.

There are no doses in here. No milligrams, no schedules by amount. That is deliberate. Where peeps fit into my recovery is in section 05, with the reasoning, but a number calculated for my body and my labs is not information for you, it is a liability. What transfers is the system.

THE ONE SENTENCE VERSION

Pick a plan you can repeat on your worst week, then repeat it for two years. That is the entire secret, and it is the reason nobody sells it.

Weights 4 to 5 days a week, and I stopped program hopping

For years my problem was not effort, it was switching. Every six weeks I found a new program, which meant I was permanently a beginner at something. The single biggest training change of the two years was boring: **the same core lifts, progressive overload, 4 to 5 days a week, no exceptions and no new program.**

Hot yoga and running are mixed in, not bolted on. The yoga fixed the stiffness that used to eat my mornings, and the running keeps my conditioning honest without wrecking the lifting.

A typical week

DAY	WHAT I DO
MON	Weights, push focus. Log every top set.
TUE	Weights, pull focus. Short easy run after if the day allows.
WED	Hot yoga, or a run. This is recovery that still counts as showing up.
THU	Weights, legs. The day I most want to skip, so it is non negotiable.
FRI	Weights, upper. Fifth weights day when the week has room.
SAT	Run or hot yoga, family, walking. Movement, not training.
SUN	Off. Actually off.

The days move around, the structure does not. If a work trip kills Thursday, legs happen Friday. The week never ends with fewer than four weights sessions unless I am sick.

THE RULE THAT MADE IT STICK

Never miss twice. One missed session is life. Two in a row is the start of the old version of me, so the second one gets protected like a flight I cannot rebook.

Protein first, before anything else hits the plate

I did not count calories for two years. I would have quit by March. Instead I ran one rule with total consistency: **at every meal, protein goes on the plate first, and it is the first thing I eat.**

What that does in practice is quietly fix almost everything else. You are fuller, so the snacking drops without willpower. You recover from training, so the training compounds. And it is a rule you can follow in a restaurant, at a conference, and on the worst travel day of the quarter, which is exactly where diets normally die.

- 1 **Protein anchor at every meal.** I pick the protein before I pick the meal.
- 2 **Water before coffee, every morning.** Small, stupid, effective.
- 3 **Nothing is banned.** Pizza still exists in my life. It just comes after the anchor, not instead of it.
- 4 **Repeat breakfasts and lunches.** I eat nearly the same thing on weekdays. Decisions are where discipline leaks.

HONEST NOTE

The first month feels like a lot of chicken. By month three it is not a diet, it is just how you order. That switch, where the rule becomes identity, is the actual goal.

The multiplier I ignored for a decade

I built companies on five and six hours of sleep and called it the grind. What I actually built was the 2024 photo. Sleep was the last thing I fixed and it should have been the first, because every other part of this plan is downstream of it. Train hard on no sleep and you just accumulate damage. Eat perfectly on no sleep and you fight cravings all day anyway.

The standard I hold now: **seven plus hours, treated like a meeting with my biggest investor.** Not negotiable because of one more email.

- Hard stop on work at a set time. The email is still bad at 6 a.m., I promise.
- Same wake time seven days a week. The consistent wake time is what fixed my falling asleep, not the other way around.
- Bedroom cold and dark, phone charging across the room.
- Last big meal well before bed. Late heavy dinners were quietly ruining the first half of my nights.

Within about six weeks of taking this seriously, morning joint pain dropped, the afternoon energy crash disappeared, and my lifts started moving again after months of being stuck. Nothing I ever bought did as much as this section.

Support for the system, not a substitute for it

Yes, peps are part of my routine, and I am not going to pretend otherwise, because pretending is how people end up mistrusting everything else you said. But I want to be precise about what they did, because the internet gets this exactly backwards.

At 42, my real bottleneck was recovery. My body forced rest weeks. I would train hard, then pay for it for four days, which capped how much showing up I could do. What peps changed for me was **the amount of consistency my body could absorb**. Better sleep quality, faster recovery between sessions, fewer forced breaks. They made the boring plan easier to repeat. They did not replace it.

THE ORDER MATTERS

Peps came into my routine after the training was consistent, after protein was a habit, and while I was fixing sleep. Anyone selling you the fourth step first is selling you the 2024 photo with extra spending.

There are deliberately no compound names, doses or schedules in this document. If you want to understand this world properly before you touch any of it, I wrote a free Peptide Starter Guide that covers how to evaluate quality, how to read a certificate of analysis, and the mistakes that cost me real money. It is on the same site this PDF came from, and it is the right next read if section 05 is why you downloaded this.

Research use only. Nothing in this document is medical advice, a treatment claim, or a suggestion to use any compound in humans.

Monthly photos, because the mirror lies daily

The two photos everyone reacted to only exist because of this section. Day to day you cannot see anything change, and that invisible middle is where most people quit. So I made the progress visible on purpose.



- 1 **Photo on the first of every month.** Same spot, same light, same pose. Front and side. You are not allowed to judge the plan between photos.
- 2 **Waist measurement, not just weight.** Weight lied to me constantly while the waist told the truth.
- 3 **Three scores out of ten, once a week.** Sleep quality, energy, joints. Thirty seconds in a note on my phone. Trends, not days.
- 4 **Log the top set of every lift.** If the numbers creep up over months, the plan is working no matter what the mirror says that morning.

WHY THIS IS THE SECTION PEOPLE SKIP

Because it feels like admin. But motivation is a loan and evidence is income. On the week you want to quit, month four's photo next to month one is the argument that wins.

Screenshot this

PILLAR	THE RULE
Training	Weights 4 to 5 days a week, same lifts, progressive overload. Hot yoga and running mixed in. Never miss twice.
Food	Protein first at every meal. Repeat your weekday meals. Nothing banned, everything after the anchor.
Sleep	Seven plus hours, fixed wake time, hard stop on work. Treat it like a meeting you cannot move.
Recovery	Walk daily, take the easy days seriously, and only consider peps as support after the first three pillars are habits.
Tracking	Monthly photo, weekly waist, three weekly scores, log every top set. Judge trends, never days.
Timeline	Give it 24 months. Month one feels like nothing. Month six is visible. Month twenty four is a different person.

That is everything. No secret, no shortcut withheld for a paid version of this document. The plan is free because the plan was never the hard part. Repeating it is, and nobody can sell you that.

I post the day to day, what I am running, what is working and what is not, on Instagram and TikTok as @jorgetalkspeps. If you have a question, send it. I read them all, and the good ones usually turn into a post.

Where I get mine

People ask, so I will just say it. I own Reign Peptide. I started it because I got tired of not being able to verify what I was buying, so every product carries a batch specific third party certificate of analysis. It is at reignpeptide.com.

Buy somewhere else if you want. I mean that. Just ask them for the batch COA before you do, and if the answer is slow or defensive, that is your answer.

WHEN THE FREE STUFF RUNS OUT OF ROAD

Everything I cannot fit in a PDF or say on TikTok lives in Peptide Talk, my community. Six courses and forty six lessons, including the full compound library and the vendor and COA vetting course, plus a feed where you can ask a question and get an actual answer instead of a comment section full of guesses.

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