

RENEWED VIGOUR

6-Week Course

TESTOSTERONE OPTIMISATION

Course Workbook & Weekly Action Guides

Your companion guide to the full 6-week program. Print it. Write in it. Live it.

www.renewedvigour.com

WELCOME

How to Use This Workbook

This workbook is your companion to the Renewed Vigour Testosterone Optimisation Course. Each week has a lesson summary, a weekly focus, daily action prompts, and a self-assessment tracker. Print the relevant week's pages at the start of each week. Write in them — the act of writing cements habits.

THE PROGRAM AT A GLANCE

Week 1: The EDC Audit — Remove what's suppressing you
Week 2: The Sleep Protocol — Your testosterone rebuilds while you sleep
Week 3: The Training Foundation — Lift heavy, produce more
Week 4: The Nutrition Overhaul — Feed your hormones
Week 5: Stress & Cortisol Mastery — Free up your production
Week 6: The Long Game — Systems, stacks, and staying the course

BEFORE YOU BEGIN

Baseline Self-Assessment

Rate yourself honestly on each indicator — 1 (poor) to 10 (excellent). This is your starting point. You'll repeat this at the end of Week 6.

Indicator	Description	Score (1–10)	Week 6 Score
Morning energy level	How do you feel within 30 minutes of waking?	___	___
Physical stamina	Can you sustain physical effort through your day?	___	___
Libido & sexual function	Interest and performance relative to your 30s.	___	___
Mental focus & clarity	Ability to concentrate for sustained periods.	___	___
Mood stability	Absence of irritability, low motivation, or apathy.	___	___
Muscle tone & body composition	How your body looks and feels.	___	___
Sleep quality	How rested do you feel after a full night's sleep?	___	___
Recovery from exercise	Bounce-back time after hard physical effort.	___	___
Stress resilience	Ability to handle pressure without it overwhelming you.	___	___
Sense of drive & purpose	Motivation to pursue goals and challenges.	___	___

BASELINE TOTAL: _____ / 100 DATE: _____

WEEK 1

THE EDC AUDIT

Remove What's Suppressing You

Before you can build, you have to stop the bleeding. This week is entirely focused on identifying and eliminating the endocrine disrupting chemicals in your daily environment. This is the most impactful single step most men can take.

THIS WEEK'S LESSONS COVER:

- How EDCs suppress testosterone through 5 biological pathways
- The 6 worst offenders and exactly where they hide
- Why 'fragrance' on an ingredient label is a phthalate vehicle
- The BPA-free myth — what it actually means
- EDC-free swaps ranked by impact

DAILY ACTIONS

Monday	Complete the Bathroom Cabinet Audit — photograph every product label	■
Tuesday	Replace your water bottle with glass or stainless steel — use it today	■
Wednesday	Check your cookware — replace any scratched non-stick	■
Thursday	Swap your body wash or deodorant for an EDC-free alternative	■
Friday	Install or replace your kitchen water filter	■
Saturday	Remove all plastic food storage — replace with glass	■
Sunday	Review — score your EDC environment: how much did you change?	■

WEEKLY REFLECTION

Rate your EDC exposure reduction this week (0 = nothing changed, 10 = total overhaul): ____ What was the hardest swap to make?

_____ What do you still need to address? _____

WEEK 2

THE SLEEP PROTOCOL

Your Testosterone Rebuilds While You Sleep

80% of your daily testosterone is produced during sleep — specifically during deep, slow-wave sleep. Most men in their 40s and 50s are significantly underproducing testosterone simply because their sleep architecture is compromised. This week fixes that.

THIS WEEK'S LESSONS COVER:

- The sleep-testosterone connection — the physiology in plain language
- Why your phone is your worst hormonal enemy
- Circadian rhythm and the cortisol awakening response
- The bedroom environment for testosterone: temperature, light, and noise
- Supplements that genuinely support sleep quality

DAILY ACTIONS

Monday	Set a fixed bedtime — write it here: _____ — and honour it every night this week	■
Tuesday	Phone out of bedroom starting tonight	■
Wednesday	Morning sunlight protocol: outside within 30 min of waking, 10–20 min	■
Thursday	Check bedroom temperature — target 16–19°C / 61–66°F	■
Friday	Try magnesium glycinate (200–400mg) 30–60 min before bed	■
Saturday	Track: note your bedtime, wake time, and sleep quality score each morning	■
Sunday	Review your week of sleep data — what's your average quality score?	■

WEEKLY REFLECTION

Bedtime this week (average): _____ Wake time: _____ Hours in bed: _____
 Average sleep quality score (1–10): _____ Biggest sleep disruptor identified: _____

WEEK 3

THE TRAINING FOUNDATION

Lift Heavy, Produce More

Heavy compound resistance training is one of the most reliable natural testosterone stimulants available. Not cardio. Not yoga. Heavy barbell work that recruits maximum muscle mass and demands maximum effort. This week you begin — or intensify — that practice.

THIS WEEK'S LESSONS COVER:

- The exercise-testosterone response: which exercises work and why
- The optimal rep ranges, rest periods, and session length for hormonal output
- Progressive overload: the only way to keep the hormonal stimulus growing
- The post-training testosterone window — how to capitalise on it
- Recovery: why the work is not where adaptation happens

DAILY ACTIONS

Monday	Complete Training Day A (Lower Body) — log all weights	■
Tuesday	Active recovery — 30 min walk + 10 min mobility	■
Wednesday	Complete Training Day B (Upper Body) — increase weight where possible	■
Thursday	Active recovery — focus on thoracic and hip mobility	■
Friday	Complete Training Day C (Full Body) — push load on farmer's carry	■
Saturday	Log this week: note every weight used. This is your baseline to beat.	■
Sunday	Rest — prioritise sleep over any additional movement today	■

WEEKLY REFLECTION

Sessions completed this week: ___ / 3 Squat weight used: _____ Deadlift weight used: _____ Bench weight used: _____ How did you feel post-training (energy, drive, mood): _____

WEEK 4

THE NUTRITION OVERHAUL

Feed Your Hormones

Testosterone is a steroid hormone made from cholesterol. Cholesterol comes from dietary fat and animal foods. If you've been eating low-fat, avoiding red meat, or relying on processed food, you've been starving the raw material your body needs. This week that changes.

THIS WEEK'S LESSONS COVER:

- The cholesterol-testosterone pathway explained simply
- The top 12 testosterone-supportive foods and why they work
- The 8 foods that suppress testosterone — and how to eliminate them
- Seed oils: why they're in everything and why they're destroying you
- Meal timing and the post-training window

DAILY ACTIONS

Monday	Remove all seed oils from your kitchen — replace with olive oil, butter, tallow	■
Tuesday	Eat a testosterone-supportive breakfast: at least 3 whole eggs with yolks	■
Wednesday	Eat one zinc-rich meal: oysters, red meat, or pumpkin seeds	■
Thursday	No processed food today — everything prepared from whole ingredients	■
Friday	Add one cruciferous vegetable to your dinner (broccoli, Brussels sprouts, cauliflower)	■
Saturday	Cook the ribeye recipe from the Eat for T guide	■
Sunday	Meal prep for Monday/Tuesday of next week — prioritise protein and fat	■

WEEKLY REFLECTION

Did you remove seed oils? YES / NO Average daily protein intake this week (estimate): _____ grams How would you rate your overall food quality this week (1–10): ____ One nutrition habit you will carry into Week 5:

WEEK 5

STRESS & CORTISOL MASTERY

Free Up Your Production

Cortisol and testosterone are produced from the same precursor — pregnenolone. When cortisol demand is chronically high, the body sacrifices testosterone production. This is called the 'pregnenolone steal.' This week is about stopping the steal.

THIS WEEK'S LESSONS COVER:

- The pregnenolone steal and why chronic stress is directly anti-androgenic
- The cortisol awakening response — how to use it as a health barometer
- Cold exposure therapy: the science of hormetic stress
- Breathwork and the autonomic nervous system
- Social connection and testosterone: the surprising link

DAILY ACTIONS

Monday	Identify your top 3 chronic stressors — write them below	■
Tuesday	Cold shower finish today — 60 seconds minimum. Note how you feel after.	■
Wednesday	10 minutes of box breathing (4-4-4-4) morning or evening	■
Thursday	No alcohol this week — commit to 7 days. Note any withdrawal cravings.	■
Friday	Address one controllable stressor today — take one concrete action on it	■
Saturday	Physical outdoor activity — minimum 60 minutes in nature	■
Sunday	Reflect: what are you carrying that is not yours to carry?	■

WEEKLY REFLECTION

Top 3 chronic stressors: 1.
_____ 2.
_____ 3.
_____ Stress resilience
rating this week (1–10): _____

WEEK 6

THE LONG GAME

Systems, Stacks, and Staying the Course

This is where most programs end. This is where the real work begins. Testosterone optimisation is not a 6-week project — it's a permanent reorientation of how you live. This final week is about building the systems that make the previous five weeks automatic.

THIS WEEK'S LESSONS COVER:

- How to stack your habits for compounding hormonal benefit
- Tracking testosterone: what to measure, how often, and why
- The Renewed Vigour supplement stack: what actually moves the needle
- Building your hormonal environment at home
- The 90-day milestone: what measurable change looks like

DAILY ACTIONS

Monday	Complete the Week 6 self-assessment — compare to baseline	■
Tuesday	Build your morning stack: sunlight + cold + training + protein breakfast	■
Wednesday	Book a testosterone panel with your doctor or a private lab — get a baseline number	■
Thursday	Review your EDC environment one more time — what slipped back in?	■
Friday	Commit to 3 non-negotiables from this course that you will maintain indefinitely	■
Saturday	Share what you've learned with one man in your life — accountability multiplies results	■
Sunday	Plan your first 90 days post-course — what does this look like long-term?	■

WEEKLY REFLECTION

Week 6 total score: _____ / 100 (vs. Baseline: _____) My 3 permanent non-negotiables: 1. _____ 2. _____ 3. _____ One thing I know now that I wish I'd known at 40: _____

WHAT COMES NEXT

You've Completed the Course. Now What?

The 6 weeks are over but the work is not. Testosterone optimisation is a lifelong practice. The habits you've built are not a course — they're a new standard. Here's how to continue:

Get a testosterone blood panel

Book a full hormone panel — total testosterone, free testosterone, SHBG, LH, FSH, and oestradiol. Get a number. Track it every 3–6 months.

Join the Renewed Vigour community

Connect with other men on the same path. Accountability amplifies results. Visit renewedvigour.com.

Remove every remaining EDC from your environment

Keep auditing. The chemical load is cumulative — every reduction compounds.

Upgrade your products

Renewed Vigour is building the definitive line of EDC-free personal care for men. Be first to know when it launches.

Share this with one man who needs it

Your health is your legacy. Giving another man the knowledge to take his health back is one of the most valuable things you can do.

The man you were is still in there.

Natural remedies. Modern methods. No shortcuts, no excuses. Renewed Vigour
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