

Daily checklist Bjorn Fraser Olaisen April 2026

Preflight checklist.

By Bjorn Fraser Olaisen, March 2026

1. Make bed (out of bed by 2-3 min, stretch)
 2. 10,000 LUX (Beurer) for at least 5 min
 3. Note wakeup time
 4. Bathroom and measure weight.
 5. Shave and face cleanser
 6. Drink 0.5-1L: 0.4g potassium + 0.5g sodium.
 7. Nasal salt wash
 8. Brush teeth
 9. Cold shower
 10. Deo and nasal spray. Blood pressure?
 11. >10 min exercise in the room. Every day: Pushups (biceps/triceps), situps, and dumbbells.
- Monday: Abs (incl. plank). Wednesday: Legs.
Friday: Abs.
12. Moisturiser and sunscreen.
 13. Dress

Walk outside

1. Sunny: 5-10 min, overcast: 15-20 min
2. Check phone: Emails
3. Google calendar: Revise plans, tasks & time blocks
4. Oura and WHOOP
5. Messages (Whatsapp, Slack, LinkedIn, X)

Pack:

1. Running shoes/gym gloves/swimming suit, slippers & towel
2. Clothes+shoes for after exercise
3. Scarf, gloves, hat, sunglasses
4. Food and Larq bottle
5. Start working.

7 am: Eat

1. Breakfast: 20 grams of nuts/seeds. 0.5g green tea and 1-3g decaf coffee.
2. 10 minutes later: 150g berries and 200-250g sweet potatoes or rye bread. Various vegetables 30g pea protein powder and 10g creatine.
3. ½ avocado, olive oil (20g).
4. Pack mealpreps:
Sweet potato, various vegetables, spices. Beans, lentils, quinoa, 6g cocoa powder, 5-10g dark chocolate. 40g nuts/seeds plus 30g walnuts, 10g macadamia, 1 brazil nut, 20g flax seed powder. Extra carbohydrates (depending on exercise load and weight): quinoa, oats, rye bread, or sweet potatoes (up to 500g). 26g olive oil, >250g of beans/lentils, >100g broccoli, >100g spinach, >50 grams onion, >2 pieces of garlic, >50 grams kale, >50g shiitake mushroom, 1/2- avocado, plus a

variety of extra vegetables. Usually >100g cauliflower, aubergines, and various beans and mushrooms.

Exercise (>40 min) and 20 min sauna:

Criteria: At least 2 interval sessions: 1x Norwegian intervals (details below) and 1x interval session with 20x repetitions (can be replaced with a 1.5 hr+ endurance session) . At least 2 leg workouts.

A typical week:

Every day: Strength after waking (around. 5.30-6.30 am). Main exercise: Often around 8-10 am.

Monday: Gym (legs, back, shoulders) + run to the workplace (>25 min)

Tuesday: Swimming intervals (12-20x 1-2 min)

Wednesday: Gym (arms + chest) + run to the workplace (>25 min)

Thursday: Swimming (medley)

Friday: Norwegian intervals (trail running or rowing).

Saturday: Gym (arms +chest) + run to the workplace (>25 min)

Sunday: Gym + running/rowing

Sauna: 20 min 5 days a week (Monday-Friday) after exercise.

Norwegian intervals: 10 min warm-up, '4 x 4 min of interval running/rowing/biking (4 min of running at 85-95% HR max followed by 3 min of active resting at 70% HR max', and 5 min cool down.

After exercise:

1. Food and 20-30g protein powder
2. 0.5g green tea and 1-3g decaf coffee
3. Take supplements and powders (see bjornolaisen.com).
Including: 20-30g pea protein powder, 0.9g AKG, 10g creatine, 10-30g flax seeds, 1-2g ginger, 5g inulin, 5-10 g sunflower lecithin, and 5g collagen.
4. Check emails and messages
5. Meditate/close eyes
6. Reevaluate timeblocks
7. Saltwater spray
8. Put on weighted vest for >1 hr.

Daily checklist Bjorn Fraser Olaisen April 2026

Throughout the day:

1. Stretch and pushups
2. Meditate and gratitude
3. Standing desk every other hour
4. Go on walks (incl. 5-10 min after eating).

12.30 pm

1. Last meal and tea of the day by 1 pm.
2. Protein powder (if I have not taken 60g yet).
3. 0.5g tea and 1-3g decaf coffee
4. Check water volume in Larq app. Top up.
5. Try not to drink more than a few sips after 4 pm.

7 pm

1. Walk >12k steps.
2. Top up sodium and potassium.
3. Emails and messages (Slack WhatsApp, Instagram, Messenger, X, LinkedIn, Memrise)
4. Catch up with family and friends
5. Analyse stress/HR in Oura & Whoop
6. Preparations for tomorrow if needed: Supplements, powder, and food.

Evaluate

1. How much of the todo-list was completed?
2. Note the hours of work and exercise in the record sheet.
3. Address any mental blocks and delayed tasks/choices
4. Any time that could have been better spent?
5. Record noteworthy experiences

Plan

1. Revise todo-list and blocked time for tomorrow. Move tasks from today
2. Make physical todo-list
3. Adjust wake-up alarm?

8 pm

1. Forget work 100%
2. No phone or screens
3. Lights off, red light on
4. Blue-blocking glasses
5. Charge: Oura, Garmin (refresh), Whoop, phone, Polar chest band
6. **Walk** (podcast/music?)
7. Rinse sinuses (or saltwater spray)
8. Open window (15 min) and adjust door

1. Running shoes/gym gloves/swimming suit, slippers & towel
2. Clothes+shoes for after exercise
3. Scarf, gloves, hat, sunglasses
4. Food and Larq bottle

Prepare for bed:

1. Audiobook
2. Bring up a glass of water
3. Face mask
4. Face cleanser
5. Shave + nails
6. Floss teeth (2 types)
7. Brush teeth
8. Tongue scraper
9. Hot shower
10. Retinol
11. Yoga
12. Write diary
13. Read book
14. Check temperature: 18°C

5 min before bedtime

1. Use sleep watch
2. Ear plugs
3. Nasal dilator
4. Pillow between legs
5. Sleep mask and heavy blanket (9 kg)
6. Breathwork (3x 4-7-8)
7. Meditate
8. Progressive muscle relaxation
9. Count 100-0

Lights off

Sleep (left side)

Saturday/Sunday:

1. Make a time-blocked week-plan on Google Docs based on Google tasks
2. Go through the 'Optimisation and planning' sheet
3. Prepare food, powders, and supplements for next week
4. Reevaluate the habits, routines, and goals sheets
5. Brunch
6. Consider a long exercise session (>1.5 hours)
7. Develop company plans
8. Check stocks/funds
9. Laundry
10. Calls family and friends.
11. Fill the weeks of life sheet

Pack: