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# 10 EASY WAYS TO GET YOUR DAYS OFF BACK

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The core procedures from the paid system, pulled out and put on **two pages**. Nothing to buy. Nothing to overhaul. Nothing that needs a Tuesday.

- ▶ Works at camp or driving in from town
- ▶ Single, partnered, or with kids
- ▶ Works on 4/3 through 21/7
- ▶ Read it on the bus in four minutes

**BUILT ON THE ON/OFF METHOD — TWO MODES,  
BECAUSE YOU LIVE TWO LIVES.**

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**HITCH FIT SYSTEM**

FOR LIFE ON & OFF THE OIL PATCH



# START WITH ANY ONE OF THESE

Pick one. Run it for one set of days off. Add a second when the first stops taking effort.

- 01** **Decide four things before you leave site.** Landing bedtime, day-two alarm, the first meal, one thing booked. **ON**
- 02** **Treat the travel day as the last day of the hitch,** not the first day off. **SWITCH**
- 03** **Walk twenty minutes within an hour of arriving.** Outside. Daylight if there is any. **SWITCH**
- 04** **Nothing added on day one.** No visitors, no projects, no hard conversations, no alcohol. **OFF**
- 05** **Wake within two hours of your site wake time on day two.** This is the one that carries the most weight. **OFF**
- 06** **Get outside within thirty minutes of waking.** Every day. This is the tool doing the actual work.
- 07** **Run one two-hour block, one bucket, timer visible.** When the timer goes, the block ends. **OFF**
- 08** **Delegate one recurring job.** Start with the one you resent most.
- 09** **Pack your gear 48 hours out,** not the night before. Midnight packing wrecks the go-back. **SWITCH**
- 10** **Write five answers on the way back.** What worked, what got lost, what changes next time. **SWITCH**

## WANT THE WHOLE METHOD?

12 chapters, 7 landing procedures, 132 steps. All six schedules. Book, audiobook and the Hitch Fit App.

The Days Off Mastery Protocol  
[days-off.hitchfitsystem.com](https://days-off.hitchfitsystem.com)