

THE FREE HIGH-PERFORMANCE FIELD GUIDE

THE COMEBACK CODE

*7 standards for rebuilding
your body, focus & future*

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A NOTE FROM BRANDON

YOU ARE NOT DISQUALIFIED.

I know what it means to carry chapters you wish had never been written. Addiction. Compulsion. Jail. Grief. The private gap between who you appear to be and how you are actually living.

The comeback did not begin when life became easy. It began when I stopped negotiating with the truth. I learned to build from small promises kept long enough to become evidence.

This guide is not a diagnosis, a detox plan or a substitute for treatment. It is a practical starting point for building a stronger daily standard. Use it honestly. Get professional help when you need it. And remember: your past may explain the work, but it does not get to own the outcome.



Your life is worth the bet.

BRANDON BRAITHWAITE

THE OPERATING STANDARD

SEVEN WAYS TO STOP ABANDONING YOUR FUTURE

01 TELL THE TRUTH Name the pattern before trying to overpower it.

02 PROTECT THE BASELINE Sleep, hydration and safety before intensity.

03 MOVE WITH INTENTION Build capacity without using exercise as punishment.

04 FUEL THE REBUILD Eat for energy, recovery and consistency.

05 DIRECT YOUR ATTENTION Design boundaries before temptation arrives.

06 STAY CONNECTED Isolation feeds old patterns; honest support interrupts them.

07 BUILD PROOF Track promises kept, learn from misses and repeat.

STANDARDS 01 + 02

TRUTH FIRST. BASELINE NEXT.

High performance is not built on hidden damage or chronic exhaustion.

THE 10-MINUTE TRUTH AUDIT

- What behavior is costing me the most?
- What feeling or situation usually comes before it?
- Who knows the full truth?
- What professional or peer support would make me safer?

YOUR DAILY FLOOR

- A consistent sleep opportunity
- Water and regular nourishing meals
- Prescribed medication taken as directed
- A safe form of movement
- One honest check-in
- No secret exceptions

SAFETY STANDARD

Stopping alcohol, benzodiazepines or other substances abruptly can be dangerous for some people. Bet On Blaq is not detox care. Seek licensed medical guidance.

STANDARDS 03 + 04

BUILD A BODY THAT CAN CARRY THE MISSION.

THE EVIDENCE-BASED FLOOR

150-300

MINUTES OF MODERATE ACTIVITY / WEEK

2+

DAYS OF MUSCLE STRENGTHENING / WEEK

TRAIN

Start below your ego. Add difficulty gradually. Pain, dizziness, chest pressure or unusual shortness of breath means stop and seek appropriate care.

NOURISH

Build most meals from a protein source, colorful plants, a quality carbohydrate and a satisfying fat. Consistency beats food punishment.

RECOVER

Most adults need at least 7 hours of sleep. Protect a repeatable sleep window and a low-stimulation wind-down.

STANDARD 05

YOUR ATTENTION IS AN ASSET.

Do not depend on willpower in an environment designed to capture you.

01

NOTICE

Write down the cue: time, place, emotion, device, person or thought.

02

CREATE DISTANCE

Delay ten minutes. Leave the room. Put the device outside reach. Change state.

03

REPLACE

Use a preselected action: walk, call, shower, breathe, journal, meeting or training.

04

REPORT

Tell your accountability person what happened without editing the story.

05

REPAIR

If you slip, protect safety, re-engage support and adjust the plan. Do not turn one event into a week.

WRITE YOUR FIRST BOUNDARY

STANDARDS 06 + 07

CONNECTION TURNS EFFORT INTO PROOF.

You cannot build an honest life inside a secret system.

YOUR THREE-PERSON BOARD

1. A truth teller
2. A qualified helper
3. A person you can serve

THE PROOF LEDGER

Record daily:

- promise kept
- lesson learned
- next honest action

THE 24-HOUR RESET

- Protect immediate safety.
- Tell the truth to a safe person.
- Resume treatment or professional support when appropriate.
- Identify the cue and change the environment.
- Complete the next healthy action within 24 hours.

THE FIRST WAGER

YOUR 7-DAY COMEBACK SPRINT

Choose a daily floor you can keep even on a difficult day.

DAY	MOVE	NOURISH	PROTECT	CONNECT	RECORD
01	☐	☐	☐	☐	☐
02	☐	☐	☐	☐	☐
03	☐	☐	☐	☐	☐
04	☐	☐	☐	☐	☐
05	☐	☐	☐	☐	☐
06	☐	☐	☐	☐	☐
07	☐	☐	☐	☐	☐

THE ONE PROMISE I WILL KEEP THIS WEEK

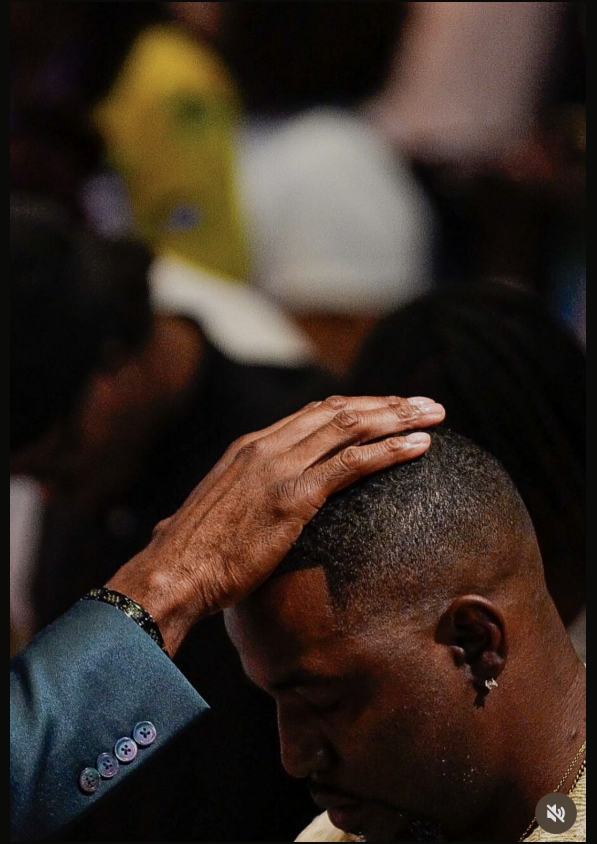
THE NEXT DECISION

DO NOT JUST READ THIS.

Use it.

Complete your Performance Pulse and apply for the
Bet On Blaq 12-week Performance Rebuild.

START AT [BETONBLAQ.COM](https://betonblaq.com)



SCOPE + SUPPORT

Bet On Blaq provides wellness education, habit coaching and peer-informed support. It does not diagnose or treat addiction, mental illness or medical conditions. In the U.S., call or text 988 for crisis support. For treatment resources, visit FindTreatment.gov.

SOURCES

U.S. Department of Health and Human Services, Physical Activity Guidelines for Americans, 2nd ed.; CDC, About Sleep; SAMHSA, Recovery and Support / Peer Support Workers; National Institute on Drug Abuse, Treatment and Recovery. Accessed September 2026.