

FORGEDSTOIC · FIELD MANUAL

FORGEDSTOIC: THE 30-DAY PROTOCOL

The exact daily protocol - training, stoic mindset, nutrition rules, and a printable tracker - that turns soft and undisciplined into lean and forged in 30 days, without a coach, a gym membership, or a meal plan you'll abandon by day 10.

EDITION 01

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CONTENTS

WHAT'S INSIDE

- | | |
|----|---|
| 01 | START HERE |
| 02 | CHAPTER 1: THE STOIC OPERATING SYSTEM |
| 03 | CHAPTER 2: THE TRAINING SYSTEM - BODYWEIGHT TRACK |
| 04 | CHAPTER 3: THE TRAINING SYSTEM - DUMBBELL TRACK |
| 05 | CHAPTER 4: NUTRITION RULES (NOT A MEAL PLAN) |
| 06 | CHAPTER 5: COMMON MISTAKES THAT KILL A 30-DAY RUN |
| 07 | CHAPTER 6: THE 30-DAY TRACKER (PRINTABLE) |

01

START HERE

[The following text is a dense, continuous block of illegible characters and symbols, likely representing a corrupted or redacted document. It contains no discernible words or structure.]

You did not buy a workout plan. You bought a decision-removal system.

Most men fail 30-day challenges for one reason: they have to *decide* every single day whether to train, whether to eat right, whether to keep going. Every decision is a chance to talk yourself out of it. The Protocol removes the decision. You don't decide today - you already decided on Day 0, when you started. Today you just execute.

HOW THIS GUIDE WORKS

Four systems run in parallel, every day, for 30 days:

- **Training** - a fixed 5-day split (bodyweight or dumbbell, your choice), 2 rest days.
- **Morning Premeditatio** - a 5-minute stoic reflection before you touch your phone.
- **Evening Review** - a 5-minute written accounting of the day.
- **Nutrition Rules** - five rules, not a meal plan. Rules survive real life; meal plans don't.

You track all four on the **30-Day Tracker** (last section, printable). One page. One glance tells you if today is forged or wasted.

YOUR 15-MINUTE QUICK WIN - DO THIS IN THE NEXT 15 MINUTES

Before you read another page, do this now:

- Open the 30-Day Tracker (page at the end of this guide, or print it separately).
- Write today's date in the Day 1 box.
- Do 25 push-ups right now, broken into as many sets as you need. Not tomorrow. Now.
- Write one sentence under "Evening Review - Day 1": *"I started."*

That's it. You've already beaten the version of you that was going to "start Monday." The Protocol has a name for what you just did: **memento mori applied to procrastination** - you acted like today might be the only day you get, because eventually it will be.

WHAT YOU NEED BEFORE DAY 1

- A printed or digital copy of the tracker (last section).
- A pull-up bar (doorframe bar, ~\$20) OR a pair of adjustable dumbbells if you're running the dumbbell track. Bodyweight track needs nothing.
- A notebook or notes app for the Evening Review - do not skip this for "I'll remember it."
- Five minutes of silence in the morning before screens. That's the hardest piece of equipment to acquire. Get it anyway.

THE ONE RULE THAT OVERRIDES ALL OTHERS

If you miss a day, the streak resets to zero - but the Protocol does not restart. You are still on Day 12 of your calendar even if your streak broke on Day 8. Do not quit the whole month because you missed one day. That's not discipline, that's an excuse dressed up as high standards. Pick the next day back up and go. This single mindset shift is why most people who buy this guide finish it, and most people who buy nothing quit generic plans by day 9.

02

CHAPTER 1: THE STOIC OPERATING SYSTEM

[The following text is a dense, continuous block of illegible characters and symbols, likely representing a corrupted or redacted document. It contains no discernible words or structure.]

You cannot out-train a mind that quits. This chapter is the "why" and the exact mental tools, not vague inspiration - three techniques, used daily, from three dead Roman/Greek stoics who ran their own version of this protocol without a gym membership.

PREMEDITATIO MALORUM - THE NEGATIVE VISUALIZATION (YOUR MORNING TOOL)

Seneca practiced imagining loss before it happened - not to be morbid, but so reality could never surprise him worse than his own rehearsal. Applied to training:

The 90-second version, done every morning before you check your phone:

- Sit up. Feet on the floor. Eyes open or closed, doesn't matter.
- Ask: *"What is the most likely thing that will try to stop me from training today?"* Be specific - not "laziness," but the actual event: "I'll be exhausted after the 6pm meeting" or "it'll be raining and I'll want to skip the run."
- Answer out loud or in your head: *"When that happens, I will still do the first five minutes."* That's the whole commitment - five minutes. Momentum handles the rest.
- One line, done.

This is not positive thinking. Positive thinking is "today will be easy." Premeditatio is "today will try to be hard, and I already planned for it." That difference is why it works when motivation doesn't - motivation requires things to feel good; premeditatio doesn't need them to.

THE EVENING REVIEW - MARCUS AURELIUS'S NIGHTLY ACCOUNTING

Marcus Aurelius wrote his private journal (later published as *Meditations*) as a nightly self-audit, not for anyone else to read. You're doing the same thing, three questions, five minutes, every night before bed:

- **What did I do well today?** (One sentence. If the honest answer is "I trained," that's enough - don't inflate it, don't dismiss it either.)
- **Where did I fold today?** (One sentence. Skipped a set, ate the thing you said you wouldn't, snapped at someone. Name it plainly, no self-flagellation, no excuse-making. Just the fact.)
- **What is the one thing tomorrow needs from me?** (One sentence. This becomes tomorrow's first Premeditatio target.)

Pro secret - write this by hand or type it, but never skip it when the day went badly. The instinct on a bad day is to skip the review because you don't want to face it. That is precisely the day the review matters most. The men who finish this Protocol are not the ones who never had a bad day - they're the ones who wrote the bad day down and showed up the next morning anyway. The review is what turns a bad day into data instead of a reason to quit.

THE DICHOTOMY OF CONTROL - EPICTETUS'S FILTER FOR EVERYTHING THAT GOES WRONG

Epictetus, a former slave who became one of the most quoted philosophers in history, built his entire system on one filter: **everything is either in your control or it isn't. Suffering comes from treating the second category like the first.**

In your control: your training, your food choices, your effort, your bedtime, your reaction. Not in your control: your genetics, your schedule getting blown up by your boss, the weather, whether your body responds fast or slow, what other people think of your progress.

Applied rule for this Protocol: any time you catch yourself frustrated - a bad workout, a scale that didn't move, a missed day - ask "is this in my control?" If yes, act on it today. If no, drop it in the same second you named it. Do not spend energy on the second category; you don't have energy to spare, you need all of it for the first.

WHY THIS ORDER MATTERS (MISTAKE TO AVOID)

Most people do the training and skip the mental work, treating it as optional add-on "mindset content." Backwards. The training is the easy 45 minutes. The mind is what shows up at hour 23 of every day,

deciding whether tomorrow's 45 minutes happens at all. Skipping Premeditatio and the Evening Review to "save time" is the single most common reason people who buy fitness plans don't finish them - they had a body plan and no mind plan, and the mind is what quits first.

03

CHAPTER 2: THE TRAINING SYSTEM - BODYWEIGHT TRACK

[The following text is a dense, continuous block of illegible characters and symbols, likely representing a corrupted or redacted document. It contains no discernible words or structure.]

Five training days, two rest days, repeating for 30 days (so you run this cycle roughly 4 times, adjusting reps upward each cycle - see Progression below). Choose Bodyweight OR Dumbbell (Chapter 3) based on your equipment - don't mix and match day to day, pick one track for the full 30 days so you can measure real progress.

Weekly structure:

- Day 1: Push
- Day 2: Pull
- Day 3: Legs
- Day 4: Rest (active recovery walk, 20-30 min)
- Day 5: Full Body Conditioning
- Day 6: Core + Mobility
- Day 7: Rest (full rest, no training)

DAY 1 - PUSH (BODYWEIGHT)

EXERCISE	SETS X REPS	REST	NOTES
Push-ups	4 x max-2 (stop 2 reps before failure)	90 sec	Full range, chest to within a fist of the floor
Pike push-ups	3 x 8-12	90 sec	Feet elevated on a chair for more shoulder load if easy
Diamond push-ups	3 x 8-12	60 sec	Hands under sternum, elbows tucked
Triceps dips (chair/bench)	3 x 10-15	60 sec	Keep hips close to the bench, don't flare elbows
Plank-to-push-up	2 x 10	60 sec	Alternate leading arm

Mistake to avoid: flaring elbows out to 90 degrees on push-ups. Keep them at roughly 45 degrees from your torso - saves your shoulders and hits the chest harder.

DAY 2 - PULL (BODYWEIGHT)

EXERCISE	SETS X REPS	REST	NOTES
Pull-ups (or negatives if you can't do a full rep)	5 x max-1	2 min	No pull-up bar? Do doorframe rows (see below) instead
Doorframe/table rows	4 x 10-15	90 sec	Lie under a sturdy table or use a towel through a doorframe; pull chest to hands
Superman holds	3 x 20-30 sec	45 sec	Squeeze glutes and upper back at the top
Towel curls (isometric)	3 x 10 per arm	45 sec	Step on one end of a towel, curl the other end against resistance

Pro secret: if you can't do a single pull-up yet, do **negatives** - jump or step up to the top position, then lower yourself for a slow 5-second count. Five negatives a session builds the strength to earn your first real pull-up faster than any other bodyweight method. Most guides don't tell you this and just say "do pull-ups," which is useless if you can't do one yet.

DAY 3 - LEGS (BODYWEIGHT)

EXERCISE	SETS X REPS	REST	NOTES
Bodyweight squats	4 x 20-25	90 sec	Full depth, heels flat
Bulgarian split squats (rear foot on chair)	3 x 10-12 per leg	90 sec	Front knee tracks over toes, not past
Glute bridges	3 x 15-20	60 sec	Pause 1 sec at the top, squeeze
Walking lunges	3 x 12 per leg	90 sec	Long strides, back knee grazes the floor
Calf raises	4 x 20	45 sec	Off a step for full range if available

DAY 4 - REST / ACTIVE RECOVERY

20-30 minute walk. Outside if possible - daylight and movement without training load. This is not optional filler; it's when your muscles actually rebuild. Do your Evening Review as normal.

DAY 5 - FULL BODY CONDITIONING

EXERCISE	SETS X REPS/TIME	REST	NOTES
Burpees	5 x 10	60 sec	Full chest-to-floor, full jump at top
Mountain climbers	5 x 30 sec	30 sec	Fast pace, control your hips
Jump squats	4 x 15	60 sec	Land soft, knees tracking over toes
Push-up to renegade row (no weight = plank shoulder taps)	4 x 12	60 sec	Shoulder taps if no dumbbells available
Finisher: AMRAP 5 min	5 push-ups, 10 squats, 15 sec plank, repeat	-	Log total rounds completed on the tracker - this is your conditioning benchmark

DAY 6 - CORE + MOBILITY

EXERCISE	SETS X TIME/REPS	REST	NOTES
Plank	4 x 45-60 sec	45 sec	Straight line ears-hips-ankles
Side plank	3 x 30 sec per side	30 sec	Stack feet or stagger for balance
Hanging knee raises (or lying leg raises)	3 x 12-15	60 sec	Control the descent, no swinging
Bicycle crunches	3 x 20 per side	45 sec	Slow and controlled beats fast and sloppy
Hip flexor + shoulder mobility flow	5 min	-	World's greatest stretch, cat-cow, thread-the-needle

DAY 7 - FULL REST

No training. Evening Review still happens. Rest is a scheduled part of the system, not a cheat day from it.

PROGRESSION RULE (WEEKS 2-4)

Every 7-day cycle, add **2 reps per exercise** or **5 seconds per hold**, whichever applies. By week 4 you're doing meaningfully more than week 1 on identical time investment - that's the entire mechanism of visible change in 30 days. If an exercise gets easy before the week is up, don't wait for the schedule - progress it immediately (e.g., regular push-ups to decline push-ups, feet elevated).

04

CHAPTER 3: THE TRAINING SYSTEM - DUMBBELL TRACK

[The following text is a dense, continuous block of illegible characters and symbols, likely representing a corrupted or redacted document. It contains no discernible words or structure.]

Same weekly structure as Chapter 2 (Push / Pull / Legs / Rest / Full Body / Core / Rest). Use a pair of adjustable dumbbells. Pick a weight where the last 2 reps of each set are genuinely hard with good form - if you can do 20+ reps easily, go heavier.

DAY 1 - PUSH (DUMBBELL)

EXERCISE	SETS X REPS	REST
Dumbbell bench press (floor press if no bench)	4 x 8-10	2 min
Standing shoulder press	4 x 8-10	90 sec
Incline push-ups (feet on floor, hands on bench)	3 x 12-15	60 sec
Lateral raises	3 x 12-15	60 sec
Overhead triceps extension	3 x 10-12	60 sec

DAY 2 - PULL (DUMBBELL)

EXERCISE	SETS X REPS	REST
Bent-over dumbbell rows	4 x 8-10 per arm	90 sec
Single-arm row (bench-supported)	3 x 10-12 per arm	90 sec
Dumbbell deadlifts	4 x 8-10	2 min
Hammer curls	3 x 10-12	60 sec
Rear delt flies	3 x 12-15	45 sec

DAY 3 - LEGS (DUMBBELL)

EXERCISE	SETS X REPS	REST
Goblet squats	4 x 10-12	90 sec
Dumbbell Romanian deadlifts	4 x 10-12	90 sec
Bulgarian split squats (holding dumbbells)	3 x 10 per leg	90 sec
Dumbbell step-ups	3 x 12 per leg	60 sec
Standing calf raises (holding dumbbells)	4 x 15-20	45 sec

DAY 4 - REST / ACTIVE RECOVERY

Same as bodyweight track: 20-30 minute walk.

DAY 5 - FULL BODY CONDITIONING (DUMBBELL)

EXERCISE	SETS X REPS	REST
Dumbbell thrusters	5 x 10	60 sec
Renegade rows	4 x 10 per arm	60 sec
Dumbbell swings	4 x 15	60 sec
Man-makers (burpee + row + press combo)	3 x 6	90 sec
Finisher: AMRAP 6 min	8 goblet squats, 6 push-press, 10 rows	- Log rounds on tracker

DAY 6 - CORE + MOBILITY (DUMBBELL)

EXERCISE	SETS X REPS/TIME	REST
Weighted Russian twists	3 x 20 total	45 sec
Dumbbell side bends	3 x 12 per side	45 sec
Plank with dumbbell drag	3 x 10 per side	60 sec
Standard core work from Day 6 bodyweight (plank, hanging knee raises)	as listed above	-

DAY 7 - FULL REST

Pro secret for both tracks: log your weight/reps for every single exercise on the tracker, every session - not just the total workout completion checkbox. In week 3, when motivation dips (it will, for everyone, this is normal and expected, not a sign you're failing), the log is what proves to you that you're stronger than Day 1. Feelings lie on a bad day. Numbers don't.

05

CHAPTER 4: NUTRITION RULES (NOT A MEAL PLAN)

The first part of the paper discusses the importance of understanding the cultural context of the research. It highlights the need for researchers to be sensitive to the values and beliefs of the communities they are studying. This is particularly important in the field of education, where cultural differences can significantly impact learning outcomes.

The second part of the paper focuses on the methodology used in the study. It describes the process of selecting participants, collecting data, and analyzing the results. The authors emphasize the importance of using a mixed-methods approach to gain a comprehensive understanding of the research topic.

The third part of the paper presents the findings of the study. It discusses the results of the quantitative data analysis and the insights gained from the qualitative interviews. The authors conclude that there are significant differences in learning outcomes between the two groups, and these differences can be attributed to cultural factors.

The final part of the paper discusses the implications of the findings for future research and practice. It suggests that educators should be aware of the cultural context of their students and tailor their teaching methods accordingly. The authors also recommend further research to explore the underlying reasons for the observed differences.

Meal plans fail because real life doesn't follow a spreadsheet. Rules survive a bad week, a work trip, a birthday party. These five rules, followed 90% of the time, will change your body more than a perfect meal plan followed 60% of the time because you gave up on it by day 10.

RULE 1: PROTEIN FIRST, EVERY MEAL

Aim for a palm-sized portion of protein (chicken, eggs, beef, fish, Greek yogurt, cottage cheese, or a protein shake if real food isn't available) at every meal - roughly 0.7-1g per pound of bodyweight per day as a target, but don't obsess over the exact number. Put the protein on your plate before anything else. This single rule does more for body composition than any other change on this list because protein controls hunger and preserves muscle while you're in a calorie deficit.

RULE 2: THE PLATE-HALF RULE

Half your plate is vegetables or fruit, every meal where that's physically possible. Not because vegetables are magic - because they fill the plate with volume and fiber for very few calories, which makes every other rule easier to follow without feeling starved.

RULE 3: LIQUID CALORIES DON'T COUNT AS FOOD - CUT THEM FIRST

Soda, juice, sports drinks, sweetened coffee drinks, alcohol - these are the single easiest calories to cut and the ones people defend the hardest. Black coffee, tea, water, and zero-calorie sparkling water are free. If you drink alcohol, that's a choice you can keep making, but count it honestly - a night of drinks can undo three days of otherwise perfect eating, and pretending it doesn't happen is how "eating well" and "not losing weight" coexist for months.

RULE 4: EAT SLOWER THAN YOU THINK YOU NEED TO

Twenty minutes minimum per meal. Put your fork down between bites if you have to. Your hunger signal lags behind your actual fullness by roughly 15-20 minutes – eating fast means you overshoot before your body can tell you to stop. This is the least glamorous rule and the most underrated one.

RULE 5: 80/20, NOT 100/0

Eighty percent of your meals follow rules 1-4. Twenty percent – a slice of pizza with friends, a dessert, a burger on a Saturday – are allowed, planned, and eaten without guilt. The all-or-nothing mindset ("I ate one cookie, the day's ruined, might as well eat the whole sleeve") destroys more transformations than any single bad meal ever could. The Stoic frame applies here directly: the cookie is in the past, outside your control the moment it's eaten. Your next meal is what's in your control. Act on that.

COMMON NUTRITION MISTAKES THAT STALL RESULTS

- **Under-eating protein while cutting calories** – this is why people "eat less and look softer," not leaner. You lose muscle along with fat, and muscle is what makes you look forged instead of just smaller.
- **Weighing yourself daily and panicking at normal fluctuation.** Water weight, sodium, and hormones swing the scale 2-4 lbs day to day. Weigh in weekly, same day, same time, and track the trend – not the daily number.
- **Treating "clean eating" as license to eat unlimited quantities.** Almonds, olive oil, and avocado are healthy and calorie-dense. A calorie surplus of "healthy" food still stalls fat loss.
- **Skiping meals to "save calories" then binge-eating at night.** Regular meals with protein at each one prevent the 9pm kitchen raid that undoes the whole day.

PRO SECRET: THE ONE-HAND RULE FOR EATING OUT

When you can't measure or plan (restaurant, a friend's house, travel), use your hand as a portion guide: a palm of protein, a fist of vegetables, a cupped hand of carbs, a thumb of fats. It's not lab-precise, but it's

precise enough to keep you roughly on Rule 1 and Rule 2 anywhere on earth, with no app, no scale, and no awkward moment pulling out a food scale at dinner.

06

CHAPTER 5: COMMON MISTAKES THAT KILL A 30- DAY RUN

The first part of the paper discusses the importance of understanding the cultural context of the research. It highlights the need for researchers to be sensitive to the values and beliefs of the communities they are studying. This is particularly important in the field of education, where cultural differences can significantly impact learning outcomes.

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These are the specific, observable reasons people quit around day 7-12 – the danger zone where novelty has worn off and results aren't visible yet.

- **Starting at 100% intensity on Day 1.** Going all-out in week 1 causes soreness so severe you can't move well for the workouts that follow, which then feel like failures. Progression exists for a reason – follow the rep schemes as written, don't freelance heavier in week 1 to prove something.
- **Skipping the Evening Review because "nothing happened today."** The review isn't for exciting days. It's the mechanism that catches small drift before it becomes a missed week. Skip it once and it's easy to skip it forever.
- **Comparing your Day 10 to someone else's Day 10.** Every "after" you see on social media is somebody's best-angle, best-lighting, sometimes best-week-of-many. Your only valid comparison is your own Day 1.
- **Treating a missed day as a broken contract instead of a data point.** Reread the rule in Start Here. One missed day is Tuesday. A missed week because of one missed day is a choice you're making by quitting, not a consequence that was forced on you.
- **Weighing success only in pounds lost.** Strength gained, workouts completed, and adherence to the Evening Review are all wins the scale doesn't show. Track all of them on the tracker, not just weight.
- **No sleep plan.** Training and nutrition can't outrun five hours of sleep a night. Target 7+ hours – this is as much a part of the Protocol as the push-ups are, even though it has no exercise chart.
- **All-or-nothing nutrition (see Chapter 4, Rule 5).** Worth repeating here because it's the single most common reason otherwise-successful training months don't show up in the mirror.

07

CHAPTER 6: THE 30-DAY TRACKER (PRINTABLE)

10. *Journal of the American Medical Association*, 2000; 284: 1039-1044.

100

Print this page, or recreate it in a notebook - one row per day. Check off Training, Premeditatio (AM), and Evening Review (PM) daily. Nutrition column: mark Y if you held to 80/20 that day, N if not (no other judgment attached to the N - it's just data for Chapter 5's mistake #7).

DAY	DATE	TRAINING DONE	AM PREMEDITATIO	PM REVIEW	NUTRITION 80/20	WEIGHT (WEEKLY)	ONE-LINE WIN
1		☐	☐	☐	☐		
2		☐	☐	☐	☐		
3		☐	☐	☐	☐		
4		☐	☐	☐	☐		
5		☐	☐	☐	☐		
6		☐	☐	☐	☐		
7		☐	☐	☐	☐		
8		☐	☐	☐	☐		
9		☐	☐	☐	☐		
10		☐	☐	☐	☐		
11		☐	☐	☐	☐		
12		☐	☐	☐	☐		
13		☐	☐	☐	☐		
14		☐	☐	☐	☐		
15		☐	☐	☐	☐		
16		☐	☐	☐	☐		
17		☐	☐	☐	☐		

DAY	DATE	TRAINING DONE	AM PREMEDITATIO	PM REVIEW	NUTRITION 80/20	WEIGHT (WEEKLY)	ONE-LINE WIN
18		☐	☐	☐	☐		
19		☐	☐	☐	☐		
20		☐	☐	☐	☐		
21		☐	☐	☐	☐		
22		☐	☐	☐	☐		
23		☐	☐	☐	☐		
24		☐	☐	☐	☐		
25		☐	☐	☐	☐		
26		☐	☐	☐	☐		
27		☐	☐	☐	☐		
28		☐	☐	☐	☐		
29		☐	☐	☐	☐		
30		☐	☐	☐	☐		
Milestone checkpoints - fill these in as you cross them, they matter more than any single day:							
- Day 7: First full week complete. Note how your energy compares to Day 1.							

- Day 14: Halfway. Compare your Day 1 and Day 14 numbers on one lift/exercise of your choice.

- Day 21: Habit formation research puts new-habit automaticity around here - training should start to feel like "just what I do" rather than a decision.

- Day 30: Full Protocol complete. Write a longer Evening Review tonight - what changed, in the body and in the mind, that you didn't expect on Day 1.

AFTER DAY 30

Run the Protocol again from Day 1, with your progressed weights/reps carried forward as your new baseline - the system doesn't expire, and most visible transformation happens across 2-3 full cycles (60-90 days), not one. The 30-Day Protocol is the on-ramp. What you do on Day 31 is the actual answer to whether this was a stunt or a rebuild.

ForgedStoic: The 30-Day Protocol. Results vary by individual effort, consistency, starting point, and adherence - this guide is training and educational content, not a guarantee of any specific outcome, and is not medical advice. Consult a physician before beginning any new exercise or nutrition program, particularly if you have existing health conditions.

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