HOLYFIT COACHING

RECLAIM YOUR TIME

Small Wins, Big Health
Resource

Time Saving Strategies

1. Firm bed time
2. Digital detox
3. Prepare the night before
4. Deep breathing
5. Junk foods out of sight
6. Daily step target
7. Plan your meals

Planning and Editing Timeline

HOLYFIT COACHING

The 3-Hour Fitness Strategy

Two 15 Minute Planning Times

1st - Plan out your time for exercise and meal prep
2nd - edit out the inessentials

Three 30 Min Workouts

Make the most of the time with Full Body Circuits
Push, Pull, Squat, Lunge, Thrust

1 Hour Meal Prep

Plan filling, balanced meals for your most challenging meals to keep on track.

Breakfast+Lunch x3

NEAT Time

120-150 Minutes a week

Types of movement you enjoy and can include regularly

Planning and Editing Timeline

List your 3 primary priorities

Clear actions you will take for your health.

Schedule your priorities

Plan them. Make them non-negotiables

Cut out inessentials that interfere

There are things you can and should let go of!

Declutter your mind

You edited your schedule; now edit your thoughts.

TIME SAVING MEAL PLANNING

HOLYFIT COACHING

MEAL PLANNING GUIDE

B1 → B2 → B3 → B4 → B5

L1 ↘ L2 → L3 L4 → L5

D1 ↗ D2 D3 ↗ D4 → D5

Greek Yogurt + Fruit	Greek Yogurt + Fruit	Greek Yogurt + Fruit	Greek Yogurt + Fruit	Greek Yogurt + Fruit
Cod on Brown Rice	Chicken Quinoa Salad	Chicken Quinoa Salad	Crockpot Tuscan Chicken	Crockpot Tuscan Chicken
Chicken Quinoa Salad	Cod on Brown Rice	Crockpot Tuscan Chicken	Ground Turkey Bowl	Ground Turkey Bowl
Veggies and Hummus	Veggies and Hummus	Veggies and Hummus	Veggies and Hummus	Veggies and Hummus

TIME SAVING MEAL PLANNING

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MEAL PLANNING GUIDE

B1 → B2 → B3 → B4 → B5

L1 ↘ L2 → L3 L4 → L5

D1 ↗ D2 D3 ↗ D4 → D5

Breakfast 1	Breakfast 2	Breakfast 3	Breakfast 4	Breakfast 5
Lunch 1	Lunch 2	Lunch 3	Lunch 4	Lunch 5
Dinner 1	Dinner 2	Dinner 3	Dinner 4	Dinner 5
Snack 1	Snack 2	Snack 3	Snack 4	Snack 5

Basics of

WORKDAY MOVEMENT

Do More




Walk Meetings


Stairs


Standing Desk


Stretching



Step Target


Posture Change

Do Some


Walk breaks


Screen Breaks


Focused Breathing

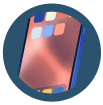

Music


Desk Stretches


Park further away

Do Less


Sitting


Screen Time


Long Meetings


Slouching


Driving


Holding it

CREATE YOUR OWN SPECTRUM

GREEN I'll do more of this:	YELLOW I'll do this some:	RED I"ll try to avoid this:
1.	1.	1.
2.	2.	2.
3.	3.	
4.		

General Daily Principles:
8-10k Steps, 3-5 mins Stretching, Stand when possible

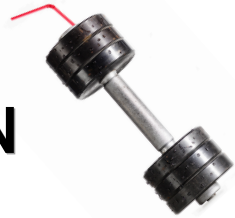
MORE RECCOMENDATIONS:

STRENGTH TRAIN - 2-3x per week
WALKING CARDIO - 90-120 mins per week
FLEXIBILITY WORK - 1-2x per week

HOLYFIT
COACHING

Basics of

HYDRATION



DRINK MORE

- Water
- Infused Water
- Sparkling Water
- Coffee (Black)
- Tea (Plain)
- Electrolytes

DRINK SOME

- Sports Drink
- Energy Drink (0 sugar)
- Vegetable Juice
- Milk
- Water with Added Sweetener
- Diet soda

DRINK LESS

- Energy Drinks
- Soda
- Alcohol
- Juice
- Milkshakes
- Coffee (w/ cream +sugar)

CREATE YOUR OWN SPECTRUM

GREEN I need more of these:	YELLOW I will keep some of these:	RED I'll indulge some of these:
1.	1.	1.
2.	2.	2.
3.	3.	
4.		

Will this drink:

Make your body/recovery better? OR **Make your body/recovery worse?**

General Principles: 100oz Daily

WATER - 48oz (range: 20-60 ounces)
TEA/COFFEE - 24oz (range: 0-40 ounces)
DAIRY/SPORTS DRINKS - 16oz (range: 0-24 ounces
SODA/ALCOHOL - 12oz (range: 0-12 ounces

*adapted from Precision Nutrition resources

HOLYFIT COACHING

RECLAIM YOUR TIME

Pick 2-3 Areas to Improve

Sleep

Planning

Movement

Nutrition

Mindfulness

Hydration

Decluttering

Spend 1-3 months making simple improvements in these areas. As you get better, they get easier!