# 7 EFFECTIVE WAYS

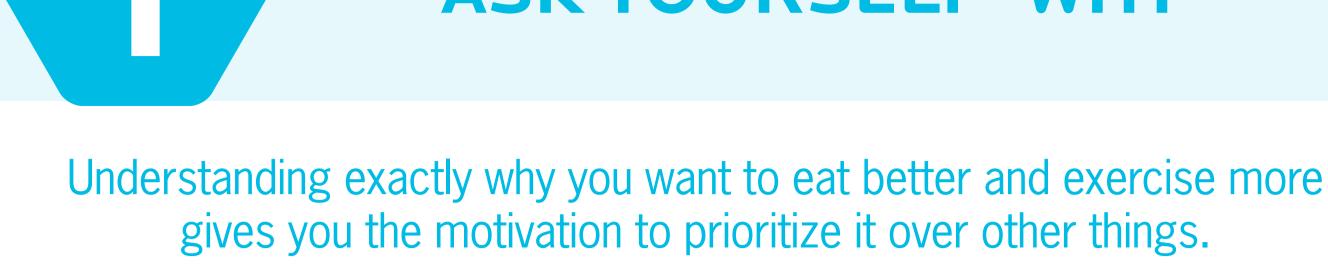
## TO MAKE TIME FOR EXERCISE AND NUTRITION

When life's already busy, here's how you can make time to eat better and move more often.



## **ASK YOURSELF 'WHY'**

gives you the motivation to prioritize it over other things. Why do I want to eat healthier and exercise more?



Because I want to fit in smaller pants.

But why do I want to fit in smaller pants?

Because when I look good, I feel good about myself.

Because when I'm wearing smaller pants, I'll look better. But why do I want to look better?

But why do I want to feel good about myself?

Because when I feel good about myself, I'm more assertive and confident.

But why do I want to be more assertive and confident?

Because when I'm more assertive and confident, I'm in control,

my fears won't stop me, and I can finally go for my dreams.

Keep asking 'why' until you find your

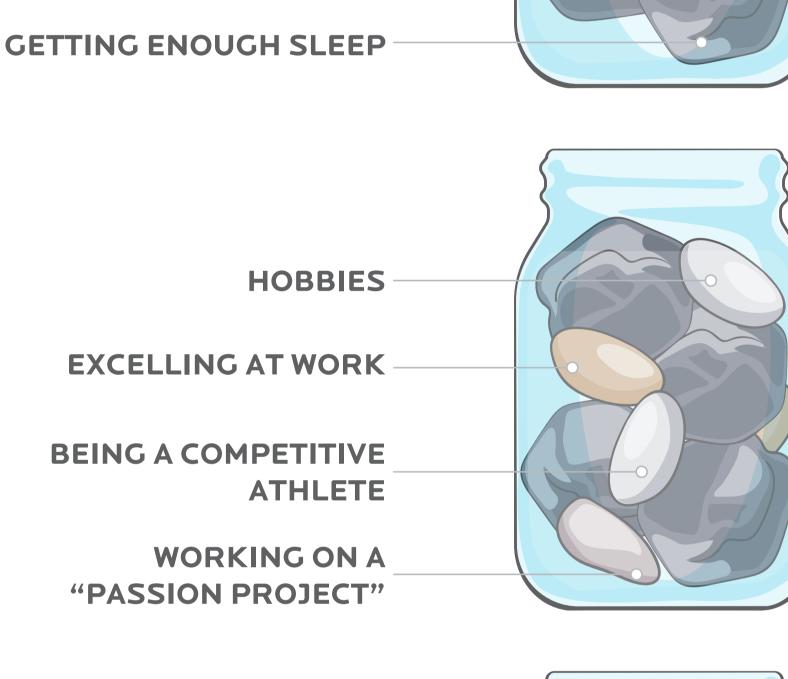
compelling reason.

## Think of your time as a jar, which you can fill with a finite number of rocks, pebbles, and sand.

**IDENTIFY YOUR** 

**TOP PRIORITIES** 

Your big rocks TIME WITH FRIENDS **AND FAMILY** represent the stuff that's most necessary to feel



**HEALTH** 

**EARNING A LIVING** 

relate to family, health, and livelihood.

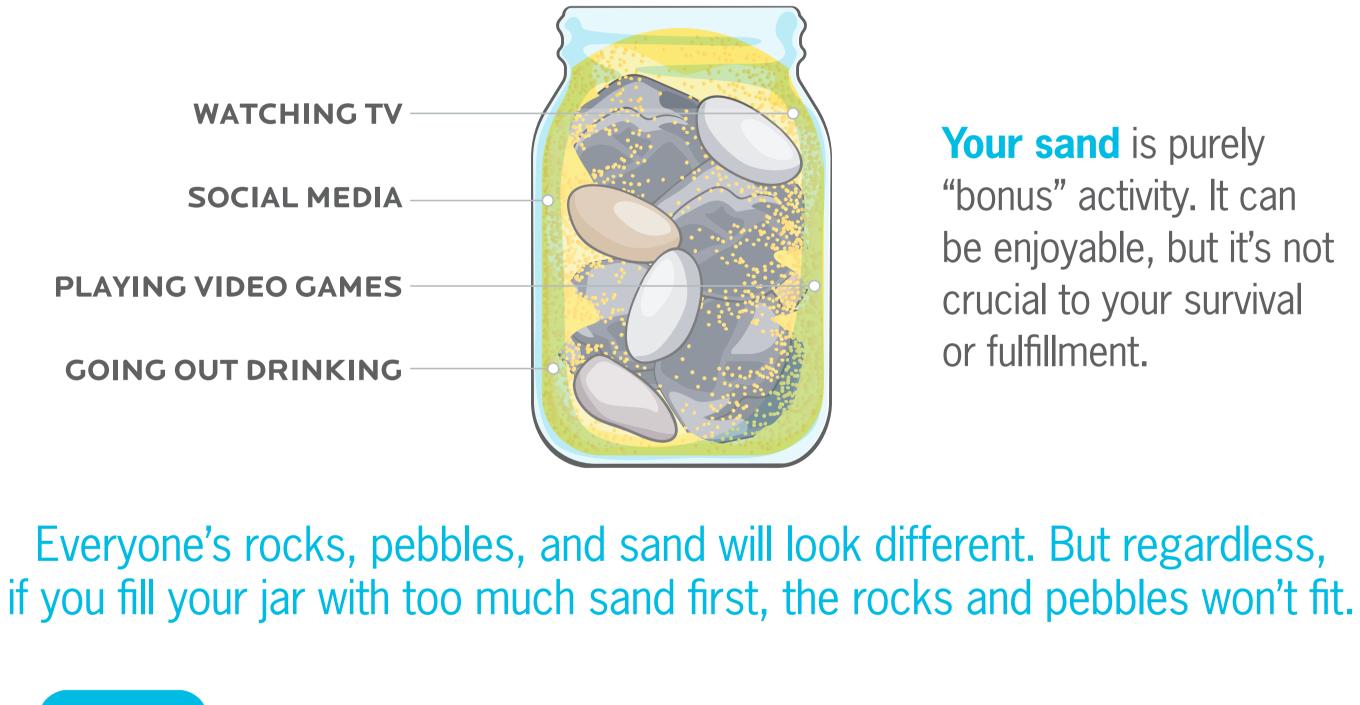
Your pebbles add extra

fun and satisfaction to

life, but aren't totally

necessary.

fulfilled in life. They often



be enjoyable, but it's not crucial to your survival or fulfillment.

**Your sand** is purely

"bonus" activity. It can

**KEEP A TIME DIARY** 

Your schedule reflects how you're prioritizing the activities in your life. Track your time for a couple weeks to find out if it's consistent with your goals and values.

Work

Sleep

7:15 - 7:30

7:30 - 7:45

checked Instagram

15 MINUTE INCREMENTS 7:00 - 7:15 woke up; brushed; teeth; washed face



## still on Instagram 7:45 - 8:00 made coffee

**DESIRED** Time in nature meal prep TV / internet Time with loved ones Exercise

**ACTIVITIES IN 15-MINUTE INCREMENTS** 

Without judgment, ask yourself if your schedule reflects your true priorities.

internet

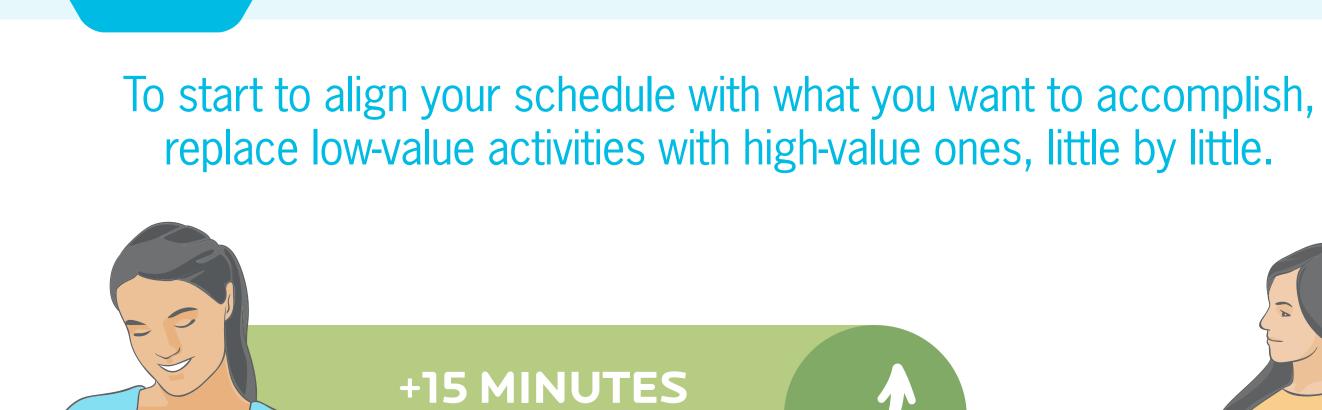
Watching TV

Time with

loved ones

+15 MINUTES

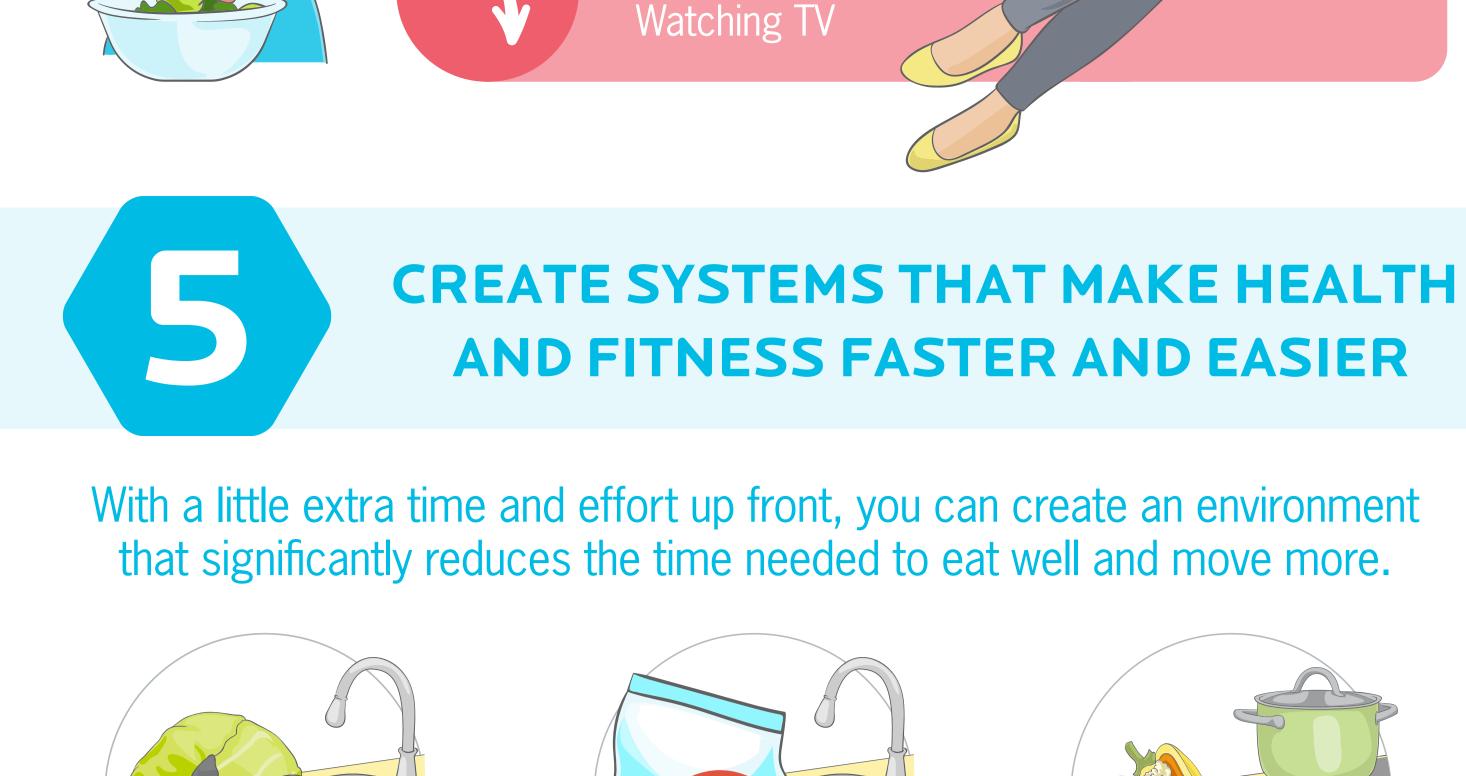
Healthy meal prep



Sleep

Exercise

-15 MINUTES



Reduce or eliminate

"treat" foods

in the freezer (for quick

Super Shakes)

Leave weights and resistance

bands lying around for quick,

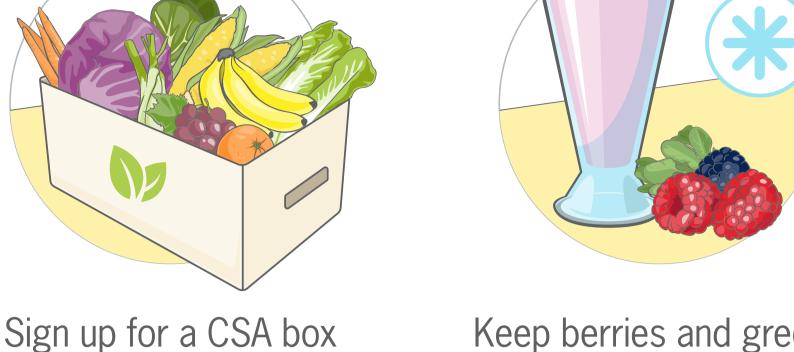
convenient workouts

in plain sight

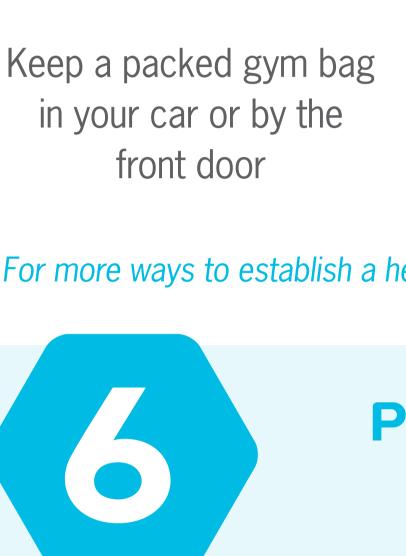
Keep fresh, whole foods

and/or healthy meal

delivery



Join the gym closest to Keep berries and greens



MONDAY

WEDNESDAY

**PUT MEAL PREP AND MOVEMENT IN YOUR CALENDAR** 

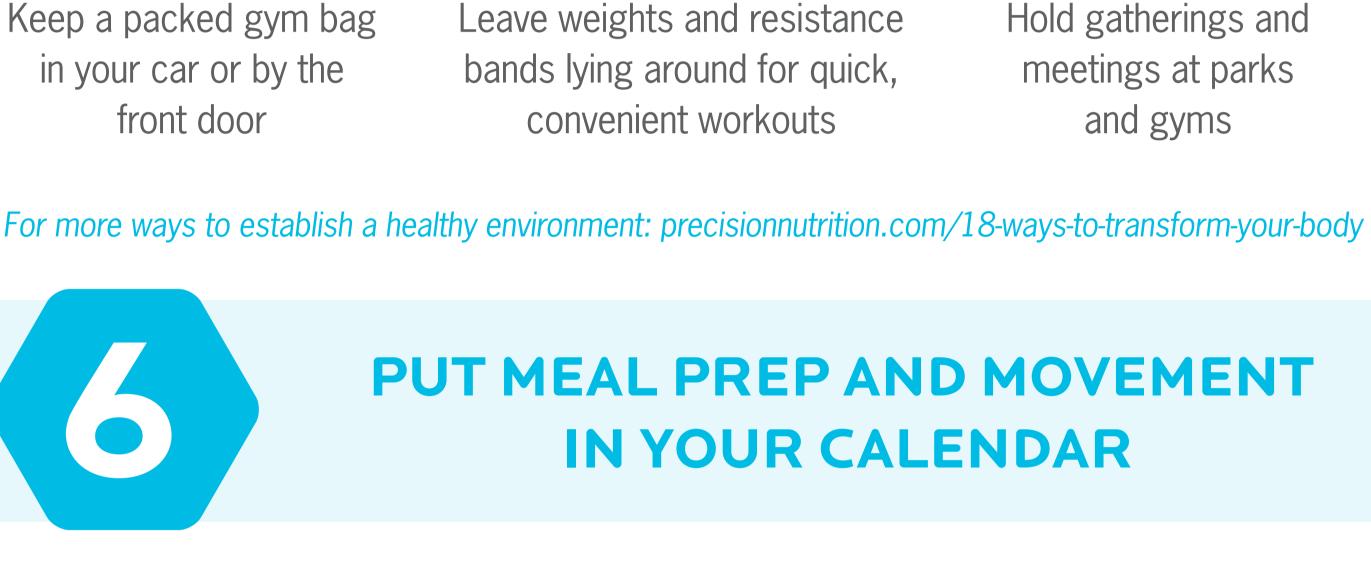
If we waited until we "felt like it", a lot of important things would

get neglected. Schedule it in, and stick to it.

THURSDAY

FRIDAY

5 P.M. PUMP IRON



Establish a morning or

weekend routine to chop

veggies and prepare protein

+ complex carbs in bulk

home or work

5 P.M. INTERVAL TRAINING

Did you use your time to support your health and fitness?

REVIEW AT THE END OF EACH WEEK



Get coaching for accountability and motivation. Delegate / hire out important tasks (e.g. sign up for healthy meal delivery; arrange childcare so you can go to the gym).

AS YOU CAN SEE, "BEING HEALTHY AND FIT"

That's ok! Life happens.

Return to your goals

and keep practicing.

IS LIKE AN ICEBERG.

Combine "rock" activities with health + fitness (e.g. have family

participate in food prep; take work calls while walking outside).

Get coaching to develop better systems and realistic goals.

...AND IT'S SUPPORTED BY ALL THE THINKING, PRIORITIZING, STRATEGIZING, AND PLANNING UNDERNEATH.

ONLY THE TIP OF THE ICEBERG...

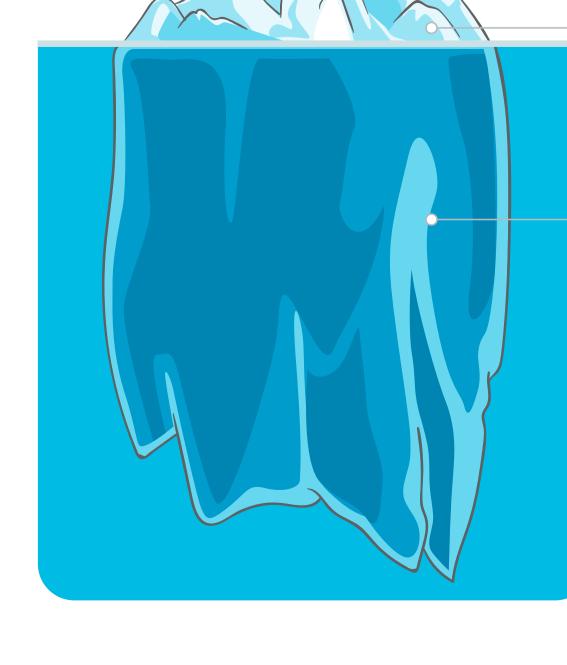
YES

health + fitness goals

and keep improving

your systems

**EATING WELL AND WORKING OUT IS** 



For more information visit:

(e.g. move TV to basement; use

an app that limits internet time).

**Precision** Nutrition

precisionnutrition.com/make-time-for-exercise-and-nutrition-infographic