

Scheduling Your Workouts

Use the following daily calendar to assess your daily schedule. If you have extraordinarily busy day, use one for that. There are two sets of three; one for each weekday sample days (The Normal Day and The Crazy Day), and one for the weekend. I am calling them: The Normal Day, The Crazy Day and The Weekend Day.

On the first set, document your time as you currently live. I will give further instructions on how to use the second set afterwards. Although this broken into 30 minute intervals split them into 15 - minute sections. Remember the goal here is to find up to 15 minutes where you can steal away to exercise.

So, what to look for? The times that you are on social media - yes that counts- FB, Twitter, Instagram, Google chat, whatever. Give it another place in your schedule, maybe at the end of week. (Screen time at the end of the day interrupts your ability to sleep.) Document and time these activities and trade that time for a better choice, your health! Other windows of opportunity are times that you are sitting and watching TV or playing Mind Craft or other video games or chatting on the phone. The times that you are snacking...lol, caught ya! You get the idea.

Here is the best part! You have learned how to change and integrate new eating habits and movement habits. Now let's get into fitting actual workouts in your crazy schedule.

See my example below.

Time	Appointment	To Do
7:00 AM	Wake up; exercise routine	Put on dinner during breakfast
7:15 AM	shower; dress	meat in pressure cooker
7:30 AM	make protein shake or oatmeal and cook breakfast	Quinoa in vita clay cooker
7:45 AM	sit down eat egg frittata with fresh fruits and drink water with kids	chop up salad mix and place in frig
8:00 AM	Prep to leave the house and pack everyone into the car	
8:15 AM	drive; drop; commute	
9:00 AM	Arrive at work	
12:00 PM	Lunch Break; climb stairs before lunch	Errands

7 WEEKS TO A BETTER YOU – SCHEDULING WORKOUTS

12:15 PM	eat lunch	
1:00PM	return to office	pick up kids
3:00PM	Mid- afternoon stretch/ march	sports practice
5:00PM	leave office for pick ups	
6:00PM	Sports practice	
7:30PM	return home; rejuvenation workout	
7:45PM	shower; set dinner out from Vitaclay pot or pressure cooker	
8:15 PM	dinner time clean up	Calls
8:30 PM	Bed time routine starts	
9:00PM	Lights out; Me-time for you	
9:15 PM	water and sleep	

Starting today record your actual weekday schedule. Write in times as you go through your day.

The Normal Day

Time	Appointment	To Do
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM		
9:30 AM		
10:00 AM		
10:30 AM		Errands
11:00 AM		
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		

2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM

Calls

The Crazy Day

Time	Appointment
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	

To Do
Errands

11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	Calls
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	

Whew! So now you have gotten through documenting your weekdays. Start looking for those 15-minute opportunities to exercise. Compare with my sample and start re-creating your schedule with the second set of The Normal Day and The Crazy Day sheets. Although your workouts may not have built up to 15 minutes, allow time for changing or resting in between exercises.

Repeat this process with your weekend sheets. First document throughout your day, looking for the 15-minute windows. Then re-create your schedule on the second sheet.

Happy scheduling!

The Weekend Day

Time	Appointment	To Do
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM		
9:30 AM		
10:00 AM		
10:30 AM		Errands
11:00 AM		
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM		
1:30 PM		

2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM
5:30 PM
6:00 PM
6:30 PM

Calls

