

Lifestyle Resolution

Resolve once and for all!



Health & Fitness
Enterprises

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Sunday Prep Check List

Review Health & Fitness Plans and Programs

The last thing you want is to be totally prepared... FOR THE WRONG THING! Review all plans and programs to make sure you buy the right foods for the week and pack clothes, supplements and accessories accordingly.

Review Schedules (work, family, personal)

A doctor appointment, meeting, recital, no babysitter etc.- all of these can monkey wrench your routine. Reschedule gym time if possible and prepare to take your meals with you if necessary. This is the time foresee anything that can cause you to deviate from your program.

Grocery Shopping

Be sure that your fridge and pantry are stocked with all the foods and supplements you need for this weeks meals/sessions. Running to the market could cost you a gym day!

Bag and Tag

Make your week run smoother by pre: cooking, sorting, washing, cutting, measuring, freezing, seasoning etc. ingredients for the meals you make everyday- i.e. vegetables, smoothies/shakes, berries, snacks, chicken breast.

GBL: Gym Bag & Laundry

The worst part of working out is not having what you need TO workout! Prepare these items **for the week**:

- ___ packed (___) outfits for (___) sessions this week
- ___ all needed toiletries have been replenished
- ___ all accessories are charged, clean, and undamaged
- ___ toiletries and accessories each have their own bags
- ___ plastic bags, or one reusable bag for used clothes (remove after each session)
- ___ supplements needed for pre, during, and post workout
- ___ flip-flops, towels, brush/comb, underwear, socks etc.
- ___ I always forget this: _____
- ___ I never use this: _____

KEEP IN MIND

- food containers and zip bags are great for pepping meals and snacks! (use glassware if microwaving)
- most health clubs offer amenities that can lighten your gym bag
- check accessories daily
- pack only what you use
- worry and stress from poor preparation drains your motivation and steals your time
- always have a plan B

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