

Finding Time & Making it real with Scheduling

Let's Do This...Remember ~
Together We're Unstoppable.

Time

Finding Time in Your Busy Day!

Finding Time in Your Schedule

The #1 excuse I hear for not working out is lack of time. Work & family come first, caring for yourself is a distant third. But if you don't feel great, no one else gets cared for.

1

Drop the need for perfection

List 4 things that someone else could do for you if you let go of perfection. Kids helping with the cooking, hire a cleaner, groceries delivered. Where else?

1

2

3

4

Quick, write down the number 1 time waster in your life. Stop it for a week. Or, maybe forever.



2

Social Media & Email.

How much time do you spend checking your email, Instagram & Facebook? Before your click on FB, drink a glass of water and do a Nitro workout (in the Resources Section). Make your workout and movement your go-to option instead of looking at the phone and social media.

NITRO 4-Minute workout link:

<https://www.youtube.com/watch?v=PwJCJToQmps>



3



Slowdown when things get too busy.

Stop. Put your hand on your heart. Repeat after me "I have all the time in the world". Take a deep breath and remind yourself to relax, eat a healthy snack, drink a glass of water. You have all the time you need.

4

Notes:

Finding Time in Your Busy Day!

Brainstorm

What would you like to add/change/modify/ in your current schedule in order to make it more powerful for your day-to-day wellbeing?

Add these wins & actions to your list:

Notes:

Schedule it!

Weekly Workout Plan

Sunday	Sunday
Monday	Monday
Tuesday	Tuesday
Wednesday	Wednesday
Thursday	Thursday
Friday	Friday
Saturday	Saturday

Finish Date:

Schedule it!

Weekly Workout Plan

Monday

Monday

Tuesday

Tuesday

Wednesday

Wednesday

Thursday

Thursday

Friday

Friday

Saturday

Saturday

Sunday

Sunday

Finish Date: