Gym & Nutrition SCHEDULES

There is no one in the world busier than me (Kim Constable). I fit more into a week than most people fit into a month. This is because I work with intensity and I rarely allow myself to get side tracked. I am the Queen of organization and efficiency. Because I'm so focused on fitting as much as possible into my day, I am always looking out for how I can save time and work faster. I time chunk my calendar to ensure everything gets done, which doesn't allow me to get distracted by social media surfing or being idle. Efficiency is a decision that you make. It's a way of being that you commit to. Commit to being efficient and organized and watch your health (and life!) transform. Below are some examples of how you could plan your day to fit everything into your schedule. This assumes that you have cooked and prepped all your meals on the weekend for the week ahead.

Here are some extra examples of how you can get organized!

1. PLAN YOUR SCHEDULE

Organize your day, accounting for work, workout times, meal breaks, and other commitments Ensure you have a clear overview of your available time.

2. PREP YOUR GYM BAG

Pack your gym bag the night before with supplements, workout clothes, shoes, any required equipment, water bottle, and towel. This minimizes the morning rush.

3. MEAL & PREPARATION

Plan and prepare your meals for the next day, including snacks. Have your meals ready to pack in your prep bag. Weigh your protein powder, or make the shakes in advance and store in the fridge. Have everything ready to lift, pack and go.

4. LAY OUT WORKOUT GEAR

Lay out your workout clothes, shoes, and accessories. This eliminates decision-making in the morning.

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5. **REVIEW WORKOUT VIDEOS**

   Watch the workout videos for the next day in advance. Familiarize yourself with the exercises to streamline your workout session.

6. **SET ALARMS**

   Set alarms for key points in your daily routine—waking up, taking supplements, workouts, and meal times—to stay on track. This way if you get sidetracked checking Instagram, your alarm will go off to remind you to focus.

7. **CHARGE YOUR DEVICES**

   Ensure your devices like your phone and fitness tracker are fully charged, preventing disruptions during workouts.

8. **VISUALIZATION**

   Spend a moment visualizing successful completion of your workouts and sticking to your nutrition plan. Positive visualization can boost motivation.

9. **RELAXATION TIME**

   Engage in calming activities before bed, such as reading or gentle stretching. Prioritize adequate sleep for recovery and energy.

10. **REVIEW YOUR PLAN**

    Briefly review your overall plan for the next day, including work tasks and fitness goals. This mental preparation can enhance focus.

By adapting this checklist to your specific situation, you'll be able to navigate your busy day with a structured approach, ensuring your fitness routine aligns seamlessly with your full-time job and other commitments.

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SAMPLE MORNING GYM SCHEDULE TIMINGS	
4:00am	Wake up, dress and drink coffee
4:15am	Jump on treadmill for cardio (if applicable)*
5:15am	Drink protein shake immediately I'm finished, grab bag and head to the car
5:30 - 5:45am	Drive to gym
6:00 - 6:45am	Train
6:45 - 7:00am	Shower and dress for work. Prep lunch and water bottle.
7:30 - 8:30am	Commute to work, eat breakfast at work.
12:30pm	Lunch
4:30pm	Eat a bowl of steamed veggies
5:00pm	Drive home from work
5:30pm	Shower and change into comfortable clothes.
6:00pm	Eat dinner & relax
8:00pm	Prep everything needed for the next day. Food, clothes etc.
8:30pm	Drink protein shake and head to bed.
9:00pm	Sleep

*If cardio isn't prescribed as part of your plan, enjoy some more sleep and wake up later.

GUIDE CONTINUES ›

SAMPLE EVENING GYM SCHEDULE TIMINGS	
6:00am	Wake up, dress and drink coffee
6:15am	Jump on treadmill for cardio (if applicable)*
7:15am	Drink protein shake immediately I'm finished
7:30am	Shower and dress for work. Prep lunch, dinner and water bottle.
8:00am	Commute to work, eat breakfast at work.
12:30pm	Lunch
4:30pm	Eat a bowl of steamed veggies
5:00pm	Drive to the gym
5:45pm	Eat dinner at the gym.
6:00 - 6:45pm	Train
6:45 - 7:00pm	Shower and change into comfortable clothes
7:00 - 7:30pm	Drive home from gym
7:30 - 8:00pm	Relax
8:00 - 8:30pm	Prep everything needed for the next day. Food, clothes etc.
8:30pm	Drink protein shake and head to bed.
9:00pm	Sleep

*If cardio isn't prescribed as part of your plan, enjoy some more sleep and wake up later.