Shiftworker Gym & Nutrition SCHEDULES

I recognize the demanding nature of shift work, with long and irregular hours. While I can't make shift work any easier for you, it's important to acknowledge the challenges you face in your unique situation so you can still strive for efficiency and productivity. Even though your schedule can be unpredictable, it's vital to dig deep and give your best effort. Organizing your time effectively can help you maintain control and balance in your life.

Consider strategies like time-blocking your day based on your energy levels during different shifts and preparing meals in advance to save time. Avoid distractions like excessive social media use during breaks, and think about how you can better utilize these moments. Despite the challenges of long shifts, keep pushing yourself to find ways to balance work and personal life to the best of your ability, knowing that your dedication will lead to transformative results in the long run.

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

1. **PLAN YOUR SCHEDULE BASED ON YOUR ENERGY LEVELS**
   You know best how your shifts affect your energy levels. Organize your day, accounting when you have the most energy, work, workout times, meal breaks, and other commitments. Ensure you have a clear overview of your available time.

2. **WEEKLY MEAL PREP**
   Spend time at the weekend prepping as much food for the week as possible. Batch cook your meals for seven days and refrigerate or freeze as needed. This will make it easier when you are time-starved to have your meals ready to pack in your prep bag during the week. Weigh your protein powder, or make the shakes in advance and store in the fridge. Have everything ready to lift, pack and go.

3. **ORGANIZE A WEEK'S WORTH OF WORKOUT GEAR**
   Have a week's worth of workout gear set out, so you can grab your workout clothes, shoes, and accessories daily. This eliminates decision-making on long days. Bulk wash clothes on days off, and don't stress about some dirty washing piling up.

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4. **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 any rush.

5. **SET ALARMS AND CHARGE YOUR DEVICES**

   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 while on shift, your alarm will go off to remind you to focus. Ensure your devices like your phone and fitness tracker are fully charged and have a charged portable charger to prevent uncharged devices by the end of your work day or disruptions during workouts.

6. **RECHARGE ON YOUR DAYS OFF**

   There is no denying that your schedule will be intense when on shift. Use your days off wisely. Catch up on sleep and fit in your training and cardio whenever suits. Take the pressure off yourself with a more relaxed schedule on your days off, and get prepared for when you are back on shift.

7. **REVIEW WORKOUT VIDEOS**

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

8. **VISUALIZATION**

   Spend a moment visualizing the 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.

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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.

SAMPLE SHIFT WORKER GYM SCHEDULE TIMINGS	
4:30am	Wake up, dress, drink coffee, grab gym bag and meal prep bag
5:00-5:15am	Drive to gym
5:15am	Jump on treadmill for cardio (if applicable)*
6:15am	Drink protein shake immediately
6:30- 7:15am	Train
7:15 - 7:30am	Shower and dress for work.
7:30 - 8:00am	Commute to work, eat breakfast at work.
1:00pm	Lunch
5:00pm	Eat a bowl of steamed veggies
8:00pm	Drive home from work
8:30pm	Eat dinner & relax
9:00pm	Shower and change into comfortable clothes.
9:30pm	Prep everything needed for the next day. Food, clothes etc.
10:00pm	Drink protein shake and head to bed.
10:30pm	Sleep

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