Personal Equipment for Completing the Program Checklist

This is a general “Do I have everything I need?” checklist. I recommend using it every Sunday to plan for the week ahead.

- ☐ Tupperware - Meal prep all food on a Sunday and store in tupperware in the fridge
- ☐ Containers - Pre-portion dry ingredients into containers, e.g. protein powder, oats, smoothie ingredients
- ☐ Protein shakers - Pre-portion servings into shakers
- ☐ Weekly pill box - count out daily supplements
- ☐ Cooler bag (If you have to eat food on the go)
- ☐ Washed gym clothes
- ☐ Cleaned my sneakers
- ☐ Gym leggings
- ☐ Gym top
- ☐ Gym hoodie/jacket if needed
- ☐ Sports bra
- ☐ Sport socks
- ☐ Sneakers
- ☐ Packed gym bag
- ☐ Cobra grips and or lifting gloves
- ☐ Gym accessories, e.g. ankle straps
- ☐ Water bottle
- ☐ Earphones/headphones
- ☐ Gym towel

LIST CONTINUES ›

- ☐ Shower gel, shampoo, and conditioner - for those of you who shower at the gym.
- ☐ Hair tie/Hair grip/hair clips
- ☐ Hairbrush
- ☐ Dry hair shampoo
- ☐ Deodorant
- ☐ Scheduled training sessions
- ☐ Scheduled cardio sessions
- ☐ Rescheduled any appointments that clash with training or cardio
- ☐ Created a motivating music playlist
- ☐ Download a good series to watch
- ☐ Downloaded podcasts: **CLICK HERE** for The Kim Constable podcast