

Ways to keep on track while you travel

Your guide to staying consistent, healthy, and goal-focused while away.

Review your goals & protocol and plan accordingly to try and stay on your plan for the time that you are away. A little preparation goes a long way in helping you stay consistent!

1. Choosing your accommodation

- Book an Airbnb with a full kitchen whenever possible. This will allow you to cook some of your own meals.
- Look for hotel rooms that include a kitchenette or at least a mini fridge
- Stay near restaurants that align with your goals and food preferences.

2. Bring tools that help you stay on track

- Pack a compact air fryer or blender when possible. If driving, packing your slow cooker is a great option
- Pack meal prep containers and a reusable water bottle

3. Food Prep & Meal Options

- Arrange meal prep delivery in the city you're visiting or bring prepped meals from home if possible (especially for shorter trips).
- Or pick up meals from a meal prep service in your hometown to bring with you (when possible).
- Stock up on healthy snacks you can travel with like protein shakes or powder packets, [protein bars](#), [jerky](#), fresh fruit, nuts.

4. Keep Your Routine

- Try to keep the same eating and sleep schedule you have at home.
- Walk daily (30+ minutes) — explore the city while getting your steps in!
- Stay hydrated — aim for at least 2L of water per day. Add an electrolyte packet to your water when you're flying, sweating more than usual, or drinking more coffee or alcohol than normal while on vacation.

When travelling remember that you need to still pay your mortgage.

- 3 servings of meat or fish
- 1lbs of veg
- 1-2 cups of fruit
- 3L of water per day
- 20-30 min walk per day

Remember that the goal is progression not perfection. You won't be 100% perfect while traveling — and that's okay. Focus on what you *can* control (movement, hydration, protein, sleep) and let go of what you can't.

