



Coaching enhanced health and fitness
for maximum productivity!

FIT and POWERFUL Speakers:
In the Office...In a Car...On a Plane...

Monthly Checklist	Week of:	Week of:	Week of:	Week of:
1. Plan your travel & daily meals in advance				
2. Combine protein with carbohydrates at each meal				
3. Drink 10+ glasses of water a day				
4. Eat breakfast on travel day and on presentation day				
5. Watch for hidden fats in restaurants				
6. Bring healthy snacks or bars on the road				
7. Eat last meal 3 hrs. prior to bedtime				
8. Make the last meal a smaller one				
9. Eat 4-5x daily @ regular time intervals				
10. Don't forget to bring your sneakers				
11. Exercise first thing in the morning				
12. Engage in 20-40 minutes of high intensity interval training				
13. Use hotel gym if there is a weight lifting option				
14. Bring bands and tubing for in-room work-outs				
15. Maintain your vision of your fitness – at home or on the road				

Notes:

For further assistance with your health & fitness contact Ilene at:
Ilene@Ileneonhealth.com or Call 727-641-4151