

A PRACTICAL GUIDE

KNOW YOUR BASELINE.

Stop allowing a disrupted week to become a disrupted month.

A simple standard for strength, protein, movement and recovery when your schedule gets complicated.

ADAPT THE EXECUTION. MAINTAIN THE STANDARD.

Your baseline survives real life.

On good weeks, chase your goals. On hard weeks, protect your baseline. Your baseline is the minimum you can repeat through travel, work, family demands and stressful seasons. Set it before the week gets messy.

01 **STRENGTH**

The minimum you will not skip.

Schedule two 30-minute full-body sessions during a difficult week. Use movements you can do safely and keep the appointment even if the workout changes.

02 **PROTEIN**

The standard you do not drop.

Include a solid protein source at meals. Keep easy options available and build the rest of the plate around foods that help you feel and perform well.

03 **MOVEMENT**

The daily non-negotiable.

Walk, take movement breaks or add a short post-meal walk. A shortened day still has room for some movement.

04 **RECOVERY**

The foundation you protect.

Keep a workable bedtime, hydrate throughout the day and allow training intensity to match your recovery.

Build your messy-week plan.

Choose standards you can keep during an unusually busy week. The example below is a starting point; adjust it to your ability, schedule and needs.

STRENGTH

Example: two 30-minute full-body sessions.

PROTEIN

Example: protein with each main meal; keep a reliable backup option.

MOVEMENT

Example: a short walk after one meal or movement breaks.

RECOVERY

Example: protect bedtime and keep water close by.

WHEN THE WEEK CHANGES:

Keep the standard. Change the time, location, exercise or meal. Resume your usual plan when you can.