



# “Holiday Survival Guide”

## EXERCISE CHECKLIST

Use the following exercise checklist to stay on track during the holidays. For each of the 10 EXERCISE guidelines you meet in the outlined checklist below, you earn ONE point.

- If your goal is to maintain your weight during the holidays, then you MUST achieve at least 5 total points each week.
- If your goal is to reduce your weight and lose body fat during the holidays, then you MUST achieve at least 8 total points each week.

### EXERCISE CHECKLIST

<input type="checkbox"/>	Did you set an appointment for all 3 of your weekly workouts just like you would for a work function or a family obligation?
<input type="checkbox"/>	Did you complete at least 2 out of 3 of your scheduled weekly workouts?
<input type="checkbox"/>	If you missed one of your own workouts, did you perform your own home/travel workout by using the Holiday Survival Guide programme?
<input type="checkbox"/>	If you had a sweet treat of at least 100 calories, did you perform 50 total burpees or 100 total squats in 5 minutes or less to deal with the damage? If you didn't have a sweet treat, then give yourself a point here too!
<input type="checkbox"/>	If you only had 5 minutes to exercise on a particular day, did you at least perform a 4 minute Holiday Survival Guide Workout?
<input type="checkbox"/>	If you had a high carb/reward meal at a holiday event, did you perform a damage control workout before or after the event? If you didn't have a high carb/reward meal then give yourself a point here too!
<input type="checkbox"/>	Did you perform at least 30-60 minutes of additional low to moderate intensity activity outside of your daily workout routine like walking the dog, doing recreational sports, or playing with the kids?
<input type="checkbox"/>	Did you perform 2-3 additional cardio interval workouts on days that you weren't doing metabolic resistance training?
<input type="checkbox"/>	Did you perform daily corrective self-massage (foam rolling) and stretching to improve tissue quality and flexibility, accelerate recovery, reduce the risk of injury, and feel better?
<input type="checkbox"/>	If you have a weak core and/or chronic back pain and want to build flat, sexy abs, did you perform at least one additional core stability workout using the Holiday Survival Guide core workout routine?

