

Practical Tools to Stay On Track While Busy or Traveling

Staying consistent with your health and wellness goals doesn't have to stop when life gets busy or when you're on the road. Here are practical, easy-to-implement tools and strategies to help you stay on track — no matter where you are.

1. Planning & Preparation

- Plan your meals ahead of time, even if loosely. Think about your travel days, work schedule, or social commitments and identify where potential obstacles might occur.
- Pre-pack simple, balanced snacks to prevent grabbing whatever's convenient.
- Check restaurant menus in advance to choose balanced options.
- Bring a reusable water bottle to stay hydrated throughout the day.

2. Smart Food Choices on the Go

- Prioritize protein and healthy fats at every meal to keep your energy stable.
- Choose fibrous carbs (veggies) over starchy/simple carbs later in the day.
- Build your plate with the fist/palm/thumb method:
 - Fist = Carbs
 - Palm = Protein
 - Thumb = Healthy fats
- At restaurants, go for grilled over fried, ask for dressings on the side, and watch portion sizes.

3. Portable, No-Fuss Snack & Meal Ideas

- Hard-boiled eggs + fruit
- Protein shake + nut butter
- Tuna or chicken packets + veggies
- Cottage cheese or Greek yogurt + berries + seeds
- Whole food bars with balanced macros (as backup)
- Raw nuts + jerky + apple
- Pre-portioned trail mix without added sugar

4. Movement Strategies Anywhere

- Take walking breaks during layovers, work breaks, or sightseeing.
- Use hotel gyms or do quick bodyweight workouts in your room (pushups, squats, lunges, planks).
- Set a step goal and treat it as a non-negotiable part of your day.
- Use resistance bands — lightweight and easy to pack.

5. Mindset & Consistency Tips

- Focus on 'better,' not 'perfect.' A slightly improved choice is still progress.
- Anchor one or two non-negotiable habits (e.g., water intake, daily movement).
- Expect hiccups — the key is to get back on track with the next meal or action, not wait until tomorrow.
- Use travel or busy seasons as *practice* for real-life maintenance — not as a break from your goals.

6. Quick Daily Checklist

- ✓ Planned or prepped at least one meal/snack
- ✓ Met hydration goal (or made progress toward it)
- ✓ Got some movement in (steps/workout/stretch)
- ✓ Made mindful choices when eating out
- ✓ Focused on small wins, not perfection

Remember: staying on track during busy or travel periods is less about being **perfect** and more about staying **intentional**.

Small, consistent actions compound into big results over time. Use this guide as a reference whenever life gets hectic.

Travel Planning & On-the-Go Nutrition Templates

Use these templates to plan ahead for travel or busy weeks. Fill out the blank sections before your trip so you have a clear game plan for meals, snacks, movement, and contingencies. An example is provided after each blank template to help guide you.

1. Travel Overview



****Blank Template****


Destination	
Travel Dates	
Main Health Priorities (e.g., hydration, movement)	
Number of Days Away	
Special Considerations (e.g., hotel gym, family meals)	



****Example****

Destination	Cabo San Lucas, Mexico
Travel Dates	June 12-17 (5 days)
Main Health Priorities	Stay hydrated (90 oz/day), walk daily, keep meals balanced.
Number of Days Away	5
Special Considerations	Hotel gym available, daily excursions, group dinners.

2. Meal & Snack Planning Checklist

 ****Blank Template****

• Protein Sources to Bring or Buy:


• Healthy Fats:

• Starchy Carbs (for earlier meals):

• Fibrous Carbs (for later meals):


• Snacks (Protein + Fat combos):

• Hydration Plan:

 ****Example****

- Protein Sources: Protein powder, tuna packets, Greek yogurt cups
- Healthy Fats: Almond butter, avocado, mixed nuts
- Starchy Carbs: Oats, rice cakes, whole grain wraps
- Fibrous Carbs: Cherry tomatoes, cucumbers, spinach
- Snacks: Jerky + almonds, cottage cheese + berries, protein shake
- Hydration Plan: 90 oz daily goal using refillable water bottle

3. Packing & Grocery List

 ****Blank Template****

Protein powder

Tuna/chicken packets

Reusable water bottle

Travel utensils / shaker bottle

Snacks: _____

Groceries to buy on arrival:

 ****Example****

Protein powder

Tuna packets


Reusable water bottle

Travel utensils / shaker bottle

Snacks: Jerky, almonds, protein bars

Groceries: eggs, pre-cut veggies, Greek yogurt, sparkling water

4. Daily Plan Template

 ****Example**** for 4 meals per day

Meal	Planned Foods	Water Intake	Movement
Meal 1	Protein shake + banana + almond butter	20 oz	Morning walk 15 min
Meal 2	Tuna wrap + cucumber slices	20 oz	Touring city, walking
Meal 3	Grilled chicken salad with olive oil	25 oz	Light stretching in hotel
Meal 4	Cottage cheese + berries + nuts	25 oz	Rest

 ****Blank Template****

Meal	Planned Foods	Water Intake	Movement
Meal 1			
Meal 2			
Meal 3			

Meal	Planned Foods	Water Intake	Movement
Meal 1			
Meal 2			
Meal 3			
Meal 4			

Meal	Planned Foods	Water Intake	Movement
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			

5. Contingency Plan (What Could Go Wrong?)

 ****Blank Template****

Potential Challenges:

1. _____

Backup Plan: _____

2. _____

Backup Plan: _____

3. _____

Backup Plan: _____

 ****Example****

1. Flight delayed, limited food options → Backup: Have protein bar & nuts packed in carry-on
2. No fridge in hotel → Backup: Choose shelf-stable options like tuna, jerky, nuts
3. Family dinner with limited healthy choices → Backup: Control portions, focus on protein & veggies, hydrate well

 **Tip:**

Print this out or save it as a reusable file. Each trip, update the blank sections and use the example as a reference. Over time, this will make travel planning quick, easy, and automatic.