

THE STAY LEAN ON HOLIDAY *Checklist*

WITH *Keegan*
HIRST



WORST CASE SCENARIO



**No forward
thinking = reactive
choices**



**Come back looking
and feeling like
shit**



**Undo months of
good work**

BEST CASE SCENARIO



**Control choices
whilst having fun**



**Look and feel
great during AND
after your holiday**



**More energy during
holiday for yourself
and family**

MANAGE EXPECTATIONS

- ✓ **Decide how much you will move/train each day**
- ✓ **Decide when you want to eat/drink more and when you need to eat less**
- ✓ **Focus on controlling your weakest habit**

MOVEMENT/TRAINING TIPS



Absolute minimum: Lift 1 to 2 works / walk 10k steps / or 40–60 minute cardio (basically move with intent once per day)

Approx 60 minutes daily

i NOTE

Walk/move 5 minutes in every hour



GOOD

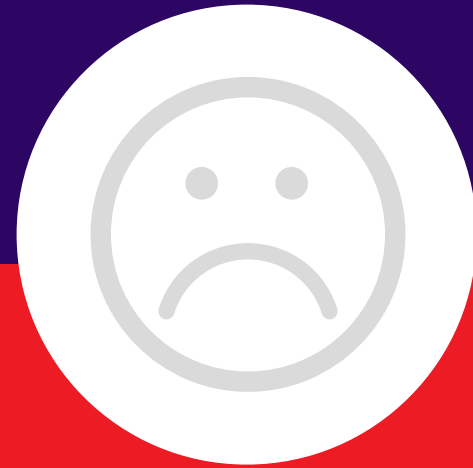
**Lift and complete 2
work sets with each
workout plus 5k steps**
(approx 90 minutes per day)

VERY GOOD

**Lift and complete 2
work sets with each
workout plus 20 mins
cardio/7k steps or if no
gym, 20k steps**
Approx 90–120 mins

EXCELLENCE

**Complete all workout
sets, hit steps and some
cardio**
Approx 2 hours daily



BAD

**Eating and drinking whatever you want
everyday**



GOOD

**2 main meals max. Especially if eating
bigger meals in the evening**

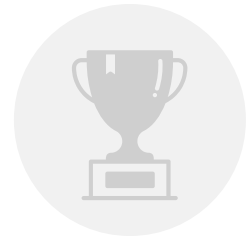
1 FIRST MEAL

- ✓ **High protein (choose leaner protein if you want more carbs)**
- ✓ **Low/medium carbs**
- ✓ **Low/medium fat**
- ✓ **Excellent food quality**
- ✓ **No added sugar**
- ✓ **Don't waste calories on juices**

2

SECOND MEAL

- ✓ **Whatever you want (within reason)**
- ✓ **High protein (choose leaner protein if you want more carbs)**
- ✓ **Medium/high carbs**
- ✓ **Low/medium fat**
- ✓ **Excellent food quality**
- ✓ **If any added sugar it's dessert OR booze – not both. (I'd eat leaner protein and less carbs if i had both and this would 1–2 times over the holiday MAX)**



EXCELLENCE

- ✓ **Stick to your average protein/calorie targets**
- ✓ **Avoid processed and added sugar foods
(I would NOT recommend this approach UNLESS you are no where near where you want to be)**



**IF YOU HAVE WOKEN UP FEELING
HEAVY/BLOATED/FEELING LIKE SHIT ANY DAY WHILST
AWAY, YOU HAVE CLEARLY EATEN MORE FOOD/BOOZE
THAN YOUR OUTPUT. SO EAT LESS (ESPECIALLY CARBS)
DRINK LESS AND MOVE MORE THAT DAY.**

DAILY QUESTIONS

- 1** How can I enjoy my holiday and be present with my friends/family without contradicting how i want to look and feel at the end of this holiday?
- 2** What is **ONE** habit I **WILL** control on this holiday

I am in total control of how much I move, what I eat, how much I eat and drink this holiday. I am someone who takes full responsibility for my own health and happiness.

I am lean, strong and healthy and can enjoy myself without sabotaging.

I will enjoy talking and spending time with my friends/family as much as the food and drink I'll consume.





FINAL NOTES

- 1** Speak to coaches before any holiday/break if REMOTELY unsure about anything
- 2** Don't have an 'off it' or 'fuck it' mentality – this will not make you happy
- 2** A win is maintaining whilst on holiday. Or, at most coming back 2–4lbs heavier



WHAT
QUESTIONS
DO *YOU*
HAVE?

