

Travel Goodies

Traveling for vacation does not have to be the end of your lifestyle changes. All it takes is a little prep, imagination, and creativity to stay on track. Pack enough snacks for the trip there and back to help reduce fast food eats.

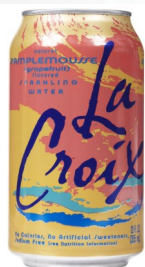
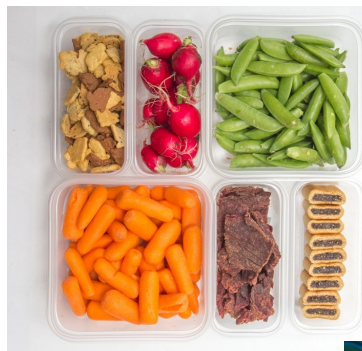
Pack in Style

Start with the vessel of your choice and fill'er up! Below are some ideas on what you might need for a road trip:

- Tackle box
- Sectioned tupperware
- Mason jars
- Ziplock bags
- Silicone muffin cups
- Small plastic cups with lids
- Hand sanitizer
- Baby wipes



Inspiration!



Proteins



Fruits



Veggies



Other





DECK OF CARDS WORKOUT

♥ = CRUNCHES

♦ = BURPEES

♣ = SQUATS

♠ = PUSH UPS

NUMBERS:

1-10: Number of Reps

Jack: 11 Reps

Queen: 12 Reps

King: 13 Reps

Ace: 14 Reps

Joker: 5 Reps Each Exercise