

Trip Fitness Travel Fitness Checklist:

This list is tailored for travelers that want to stay in shape while on the road. I pack as many of these items in a dedicated "fitness duffel bag" which I take with me while away from home.

Workout Clothes:

- .. (1) Workout shirt for every two days you will be gone.
- .. (1) Pair of workout shorts/pants for every three days you will be gone.
- .. (1) One pair of athletic socks for every two days you will be gone.
- .. (1) Pair of athletic shoes

Workout Gear: (Optional Items)

- .. Doorway pull up bar (*toss it in your suitcase*)
- .. Kettlebell of your desired weight (*if traveling by car only*)
- .. Workout Bands
- .. Jump Rope

Nutritional Items:

- .. Daily Supplements (*put supplements in a zip lock baggy or travel case*)
- .. *Travel Fitness Snack Pack*
 - o *Cut up veggies*
 - o *Almonds*
 - o *Pistachios*
 - o *Natural Beef Jerky*
 - o *Multiple bottles of water*
 - o *Quality Protein Powder*

Travel Fitness Quick Tips:

- .. Track daily food intake in MyFitnessPal
- .. Substitute French fries, and other starchy potatoes/fried sides for broccoli, green beans, or any other green vegetable
- .. Remove all or half of the bun on sandwiches and burgers