

# WEEKEND

## SURVIVAL GUIDE

Because you don't need to pick between having a life... and making progress.

### 1. Set a Weekend Non-Negotiable Pick one thing you will stick to.

- hit your protein target
- 6k-10k steps per day
- Hit up one workout session
- Drink 2l. water

Tip: Choose ONE. Stick to Win the weekend.

### 2. Plan Your Meals Around Your Social Life Check menus ahead of time

- Prioritise protein at meals - steak, chicken, fish. tofu, eggs
- Balance the rest of your day

Skipping meals to 'save calories usually ends in: hanger + binge + regret.

Eat like a grown adult who deserves energy.

### 3. Drink Smart, Not Savage Alternate each alcoholic drink with water

- focus on lower-cal options (vodka soda, gin go,, Prosecco)
- set a drink limit before

alcohol slows recovery, messes with sleep, and lowers inhibitions

(a.k.a. leads to 2am cheesy chips),  
It's cool - just own your choices and move on

### 4. Move Move - But make it Fun

- Walk with a podcast
- 20-min a bodyweight circuit
- Dance in your kitchen

Movement = momentum.  
Keep it up, your Monday self will thank you.

Repeat after me:

"I can enjoy my weekend, AND still work towards my goals. I don't need to be perfect - I just need to show up for myself"