

MINIMALIST FITNESS CHECKLIST FOR BUSY PROFESSIONALS

STAY STRONG. STAY CONSISTENT. STAY SANE.
DESIGNED FOR HIGH-PERFORMING PROFESSIONALS WHO
WANT TO STAY FIT WITHOUT BURNING OUT.

- ☐ **TRAIN 2-3X PER WEEK**
Short, focused sessions using compound movements (squat, push, pull, hinge).
- ☐ **MOVE DAILY (15-30 MIN)**
Walk, bike, stretch, or play—build activity into daily life.
- ☐ **PRIORITIZE PROTEIN**
Include lean protein with every meal to support strength and recovery.
- ☐ **EAT MOSTLY WHOLE FOODS**
Choose minimally processed meals to fuel your body cleanly.
- ☐ **HYDRATE PROPERLY**
Aim for 2-3 liters of water a day—skip sugary drinks.
- ☐ **REPEAT SIMPLE MEALS YOU ENJOY**
Make eating easier by rotating 3-5 go-to, healthy recipes.
- ☐ **GET 7-8 HOURS OF SLEEP**
Protect energy and performance with solid nightly rest.
- ☐ **STRETCH OR MOBILIZE DAILY**
Just 5-10 minutes keeps joints healthy and reduces injury risk.
- ☐ **DITCH “ALL OR NOTHING” THINKING**
Missed a workout? No guilt. Just show up next time.
- ☐ **CELEBRATE SMALL WINS**
Progress is strength gained, stress reduced, and energy sustained.

**MINIMALIST FITNESS = MORE ENERGY.
LESS STRESS. LONG-TERM WINS.
FITNESS SHOULD SUPPORT YOUR LIFE—
NOT COMPETE WITH IT.**