



## WEEKEND GAME PLAN

### SATURDAY WORKOUT 20-MINUTE AMRAP

Set a timer for 20 minutes. Complete as many rounds as possible.

Jump squats x15  
Push-ups x12  
Mountain climbers x30 sec  
Lunges x12 each leg  
Plank shoulder taps x20  
Burpees x5

### SUNDAY WORKOUT CLAYCO INT'L PARK RUN

Where: Clayton County International Park  
(meet at the water park parking lot)

When: Sunday, February 2nd at 11 AM

Distance Options:  
1 mile or 5K walk/run

## WEEKEND MEAL PLAN

### SATURDAY

Breakfast: Scrambled eggs + turkey bacon + whole wheat toast

Lunch: Grilled chicken + jasmine rice + roasted broccoli

Dinner: Air-fried salmon + sweet potato + sautéed spinach

Snack: Greek yogurt + almonds

### SUNDAY

Breakfast: Protein smoothie (banana, peanut butter, almond milk, protein powder)

Lunch: Ground turkey lettuce wraps + avocado

Dinner: Grilled shrimp + quinoa + asparagus

Snack: Cottage cheese + berries

## WEEKEND RULES

Drink water before every meal.

Get 6-7 hours of sleep.

Stick to the 80/20 rule—eat clean 80% of the time.

Don't skip workouts.

Plan for Monday—set your schedule and meals.

Follow this plan. No excuses.