



My Life Today: Time Tracker

If you are starting a new diet or exercise plan, you may just think you can just "fit" it into your life. The truth is that if it were that easy, then you would already be doing it. When you make significant life changes, it takes time and a different routine to incorporate this new lifestyle. People who realize that life will have to look a little different have a better shot at being successful.

Before you try change your schedule, it is important to realize how you spend your time today. You may realize that you waste valuable time that could easily be shifted towards something that is a higher priority in your life. Metabolife suggests you do the following exercise for a week - **My Life Today: Time Tracker**

First

Track how you spend all of your time. This may seem tedious, but really try to understand how you spend your time down to each 15 minute period. You may want to consider color coding your activities. Then, at the end of the week sum up your time. How long to you spend commuting? How long do you spend running errands? Consider if how you spend your time is consistent with your life priorities.

Next

Then, consider how much time you will need to incorporate a diet and exercise program. How often do you plan to workout? Can you exercise in or around your house or do you need to incorporate travel time to a gym? To eat healthier, will you need to do more cooking or grocery shopping? Do you need to get more sleep, so you body is well rested and able to recuperate from your workouts?

You do not have more than 24 hours a day, so consider the trade-offs. You may have realized that you can make simple trades - walking to work instead of commuting - doing errands once a week instead of several times and adding in that grocery trip. Make sure you are reasonable with your time and are setting yourself up to be successful. Re-print the time tracker and make a plan for your first week. Make sure to compare your plan to what you actually did. It may take a couple weeks to really sort out a plan that works in your life. Even though it may take a while, it is important that you take the time to really make sure you are set up for success. A healthy lifestyle can change the way you experience all areas of your life and it is worth creating an achievable plan. Good luck!

