



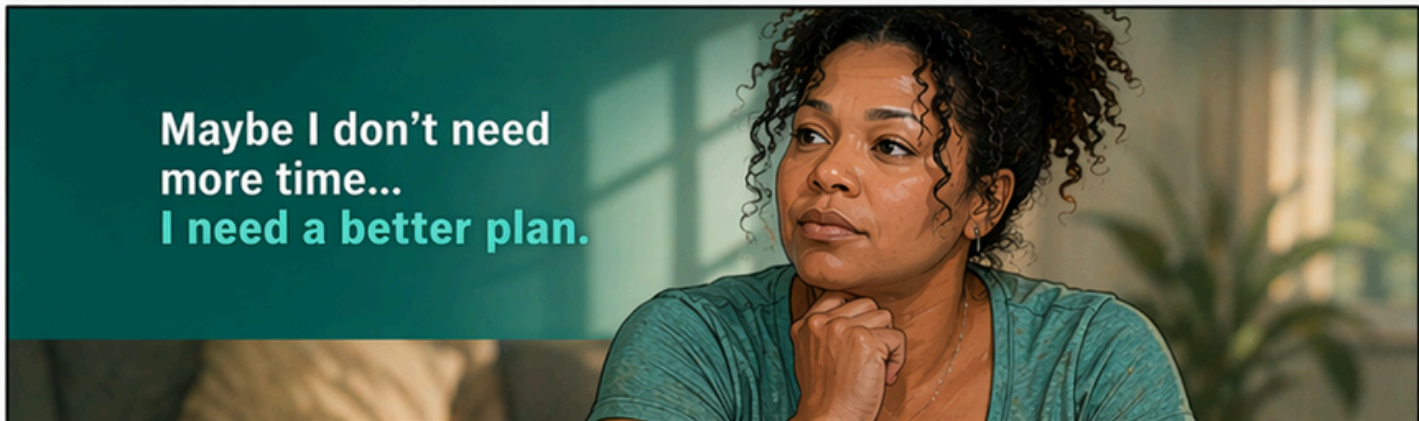
# THE 30-MINUTE FITNESS BLUEPRINT FOR BUSY PARENTS

---

Stay Consistent, Get Stronger, and Feel Better  
Without Spending Hours in the Gym



# WHY STAYING FIT FEELS SO HARD RIGHT NOW



# THE REAL PROBLEM ISN'T YOU

You don't lack motivation.  
You've been given the wrong plan.

Most fitness programs expect:

- 60+ minute workouts
- perfect consistency
- a schedule you don't have

That's why you start...  
and keep starting over.



## WHAT DOESN'T WORK



Long workouts



All-or-nothing mindset



Rigid schedules



Feeling guilty when you miss a day



## WHAT ACTUALLY WORKS



30-minute workouts



Consistency over perfection



Flexible structure



Getting back on track quickly



# THE 30-MINUTE SOLUTION

A simple, realistic approach designed for busy parents and professionals

**You don't need more time.  
You need a smarter approach.**



### Short & Effective

Workouts designed to be done in 30 minutes or less.



### Consistency Over Perfection

You don't have to be perfect.  
You just have to keep showing up.



### Built for Real Life

Flexible workouts that fit your schedule—not the other way around.

This is how busy people **stay consistent...** even on their most hectic days.



# YOUR SIMPLE WEEKLY FITNESS PLAN

A realistic schedule you can actually stick to

You don't need a perfect schedule.  
You just need a plan that fits your life.

<b>MONDAY</b>		<b>30-Minute Strength</b> (Upper or Full Body)
<b>TUESDAY</b>		<b>Rest or 20-30 Minute Walk</b>
<b>WEDNESDAY</b>		<b>30-Minute Full Body Workout</b>
<b>THURSDAY</b>		<b>Active Recovery</b> (Stretching or Light Movement)
<b>FRIDAY</b>		<b>20-30 Minute Cardio or Strength</b>
<b>SATURDAY</b>		<b>Optional:</b> Walk, Family Activity, or Light Workout
<b>SUNDAY</b>		<b>Rest and Reset</b>

Miss a day? No problem.  
Just pick up where you left off.



# YOUR 30-MINUTE FULL BODY WORKOUT

Simple, effective, and designed for busy schedules

Don't overthink this.  
Just move your body.



**Bodyweight Squats**  
3 Sets x 12-15 Reps



**Incline Push-Ups**  
3 Sets x 8-12 Reps



**Bent-Over Dumbbell Rows**  
3 Sets x 10-12 Reps



**Glute Bridges**  
3 Sets x 12-15 Reps



**Plank Hold**  
3 Sets x 20-30 Seconds



Done is better than perfect.  
Consistency is what gets results.



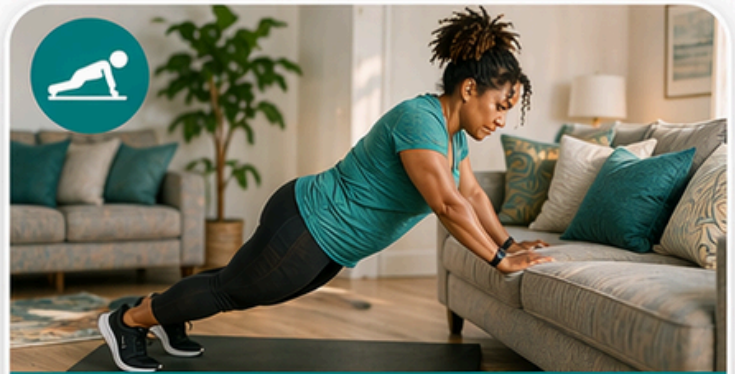
# YOUR BACKUP WORKOUT (ON BUSY DAYS)

No time? Low energy? This is your plan.

Even on your busiest days...  
this is enough.



**Bodyweight Squats**  
2 Sets x 10-12 Reps



**Incline Push-Ups**  
2 Sets x 6-10 Reps



**Standing March or High Knees**  
2 Sets x 60 Seconds



**Shoulder Press (Light Dumbbells or Bands)**  
2 Sets x 10-12 Reps



**Dead Bugs (Core)**  
2 Sets x 10-12 Reps



Some days will be busy.  
Some days will be hard.  
**Showing up anyway...**  
is what changes everything.



# Simple Nutrition for Busy Parents

Eat better without overthinking it

You don't need a perfect diet.  
You need a simple system you can stick to.



## CORE PRINCIPLES



### Prioritize Protein

Include a protein source with every meal to stay full and support muscle.



### Fill Half Your Plate with Whole Foods

Focus on vegetables, fruits, and whole ingredients most of the time.



### Keep It Simple

Repeat meals you enjoy instead of constantly starting over.



### Consistency Over Perfection

You don't have to eat perfectly – just consistently.

## REAL-LIFE SHORTCUTS THAT WORK



Rotisserie chicken or pre-cooked protein



Frozen vegetables and pre-cut produce



Simple grab-and-go meals (Greek yogurt, protein shakes, wraps)



Cooking once and eating multiple times



Keeping healthy snacks visible and convenient



You don't need to be perfect.  
You just need to be consistent enough to see progress.

# CONSISTENCY IS THE REAL SECRET

It's not about doing more – it's about not stopping

**You don't need to be more motivated.  
You need a system that keeps you going.**

## THE MINDSET SHIFT



### Consistency Over Perfection

Missing one day doesn't matter.  
**Quitting does.**



### Identity First

Stop trying to get fit.  
**Start becoming someone who shows up.**



### Small Wins Compound

30 minutes may not feel like much today...  
**but it changes everything over time.**

## SIMPLE STRATEGIES THAT ACTUALLY WORK



Schedule workouts like **appointments**



Make it **easy to start** (lower the barrier)



Focus on **showing up**, not being perfect



Have a **backup plan** for busy days



Get **back on track quickly** after missing a day



**You don't need to start over.  
You just need to keep going.**



# Ready to Stay Consistent for Good?

You don't have to do this alone

You've seen the plan.  
Now it's time to make it part of your life.

**You're busy.  
You're tired.**  
And your schedule isn't slowing down.  
**But your health still matters.**

## WORKING WITH A COACH HELPS YOU:

- Stay accountable
- Follow a simple plan that fits your life
- Stop starting over again and again
- Build real, lasting consistency

## WHAT YOU GET:



Personalized **30-minute workout plans**



Flexible scheduling that fits your life



Ongoing support and accountability



Simple, realistic nutrition guidance



A plan built for **YOUR lifestyle**



### Coach Carlos Duncan

20+ Years Helping Busy People  
Build Sustainable Fitness Habits

**START YOUR FREE 30-MINUTE CONSULTATION →**

We'll talk through your goals, schedule, and lifestyle —  
and build a plan that actually works for you.

No pressure. No perfect plan required.  
**Just a simple next step.**

[www.askthehealthcoach.com](http://www.askthehealthcoach.com)