



## **“The Time-Shifter Checklist”**

**Bonus Item for The Fitness Whisperer Podcast Episode #6**

### **1 - Answer the Following Critical Question:**

Is YOUR health, wellness and longevity important enough for you to proactively tend to?

If your answer is “No”, then just delete this, don’t read any further, and go on your merry way. (Please do come back when things get “really bad”. We’ll all still be here, doing the right things.)

If your answer is “Yes”. Congrats :-). Read on...

We make time for things that are most important to us.

### **2 - Identify “Phantom” Time-Blocks**

These are blocks of time that are “there”, but you just don’t see them, for one of the following reasons:

- A - You’re not looking properly
- B - You subconsciously don’t want to see them

#### **Some examples of “Phantom” Time-Blocks are:**

- A - sleeping in later than necessary in the morning.
- B - taking too much time getting ready in the morning (especially a factor for women; hair, make-up, etc..)
- C - Lazy Lunch hour
- D - TV time
- E - Kids’ sports practice (I see COUNTLESS parents sitting & watching, or just sitting in cars on their devices and dumb smartphones (if this is you, take notice of the small percentage of other parents who either walk or jog during their kid’s practice time.)
- F - Meeting friends after works for drinks, etc...

Identify your “Phantom” Time-Blocks, so you can pinpoint “opportunity zones” to take advantage of.

### **3 - Make Note of Time Blocks That Others Are Stealing From You**

Random phone calls, texts and “drop in” visits are some of the top offenders here. Depending on the circumstances of your life, there may be others unique to you.

Make note of them so you can decide how you will place proper boundaries so you can protect that valuable time and use it AS YOU WISH TO AND NEED TO.

### **4 - Pick One or Two “Phantom” Time-Blocks for Personal Proactive Measures**

These chosen time-blocks are where you will practice the habits and activities that support your priorities of health, wellness and longevity. NOBODY else can do this for you.

Your “best you” is in your own hands.

### **5 - Enter Your Activities of Life-Enhancement Into Your Schedule**

What you don’t place into schedule gets forgotten and pushed aside.

You MUST, place your priorities into their vacant time-blocks that you’ve created in your proactive schedule.

Simply choose your days and times and enter the activities, training sessions you will do. For example, if you’ve doing one of my abs and core video sessions, then your schedule, whether digital or old-school paper & pen, can look like this:

Friday

6:15 am - Abs/Core video w/ Joey Atlas

5:30pm - bike ride with “So and So”

Keep it simple. Create the habits and the habits will deliver results beyond your expectations.

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