

**ELEVATE** 

**CONSISTENCY IN CHAOS**

# CONSISTENCY IN CHAOS

Some weeks hit you like a freight train.

Back-to-back meetings. Client lunches. Networking dinners. Travel days. Late nights.

And before you know it, your training, nutrition and energy levels are hanging by a thread.

This guide gives you the exact strategies to stay consistent when life is chaotic. Not just during social events, but during those full-throttle weeks where work pressure and social expectations crash into each other.

It's not about perfection.

It's about maintaining momentum through chaos, so you keep performing, stay sharp and protect your progress.



*Gavin Walsh*

**Head Coach**

# The Chaos Mindset Shift

Success in busy weeks comes from one mindset:

## **Lower the friction, protect the momentum.**

- Don't aim for perfect, aim for functional.
- Momentum beats intensity.
- Your job is to stay in the game, not to win every day.
- Control the controllables. Release the rest.

This is how high performers stay in shape during pressure cycles.

# Training in High-Pressure Weeks

When the week is stacked with work and social obligations:

## **Anchor your workouts early**

Mon-Wed = non-negotiable training days.

## **Shorter is better than skipped**

10-20 minutes of full-body strength beats losing your rhythm.

## **Daily movement still counts**

Walking between meetings, mobility at night, hotel-room band work. It all keeps you anchored.

## **Plan B versus all-or-nothing**

Never let a busy week turn into a zero-week.

# Calorie Banking For Chaotic Weeks

Perfect for:

- Client lunches
- Networking dinners
- Travel days
- Big meals
- Days where food choices aren't fully yours

## Before a big event

- High protein + veg earlier in the day
- Carbs low or strategic
- Plenty of water (Electrolytes optional)
- A quick protein shake before going out reduces overeating
- Intermittent fasting is optional if it suits (ideally earlier in the day or the day before)

## After the event

- Water immediately (Electrolytes optional)
- Protein + carbs at breakfast
- Light movement to reset
- Keep meals simple and structured
- Don't "punish" yourself — just recalibrate

Calorie banking isn't restriction.

**It's budget management for busy weeks.**

# Eating Out When Things Are Full On

Most chaotic weeks involve food you didn't choose. Here's how you stay in control without being awkward.

## **PVC Rule: Protein → Veg → Carbs (optional)**

**Protein first:** chicken, fish, steak, tofu

**Veg next:** double veg or side salad

**Carbs last:** add only if you trained or want recovery

## **Easy swaps**

- Skip the bread basket
- Choose grilled over fried
- Ask for sauces on the side
- Replace chips with greens
- Share a starter instead of ordering dessert

These small levers protect energy and keep calories in check.

# Drinking Strategy

Alcohol is often the hidden killer of sleep, energy, hunger and progress, especially when work and social pressures collide.

## **In rounds culture**

- Buy the first round. You control what you drink and can skip later without awkwardness.

## **If you don't want to drink**

- Lime & soda in a tumbler
- Alcohol-free beers
- Rotate: one alcoholic → one AF
- Lead the conversation; people follow your pace

## **If you *are* drinking**

Best choices:

- Spirits + soda
- Wine
- Alcohol-free beer

Avoid: cocktails, pints, sugary mixers (aka calorie bombs!)

## **Golden rule:**

It's easier to say no to the first drink than the second.

Protect tomorrow's energy, not tonight's ego.

# Morning-After Reset Routine

Your recovery protocol for chaos weeks:

1. Water first thing (Electrolytes optional)
2. Protein + carbs breakfast
3. 20–30 min walk
4. Simple protein + veg meals
5. Early night + magnesium

Instead of guilt, you focus on resetting the system.

## The Lazy Man's Protein Meals

Perfect for days where your brain is fried and time is tight.

- 3-Egg omelette
- Protein wrap (chicken/tuna/turkey)
- Greek yoghurt + whey + berries
- Microwave egg scramble
- Protein smoothie (shake, banana, coconut/almond milk)
- Tuna + microwave rice + veg
- Cottage cheese + nuts + fruit

Fast, no friction, high protein.

# High-Pressure Week Checklist

If you hit these, you win the week, no matter how chaotic it gets:

- Protein: 100g+ (men) / 80g+ (women)
- Water: 2-3 litres
- Training: 2-3 sessions
- Sleep: 6-7 hours average
- Alcohol: Structured, not reactive
- Meal structure: Protein → Veg → Carbs

This is the formula that stops chaos from becoming a setback.

## Final Takeaway

Busy weeks aren't going away.

Client entertaining isn't going away.

Work pressure isn't going away.

But your consistency doesn't have to disappear with them.

You don't need perfection.

You need a system, one designed for chaos, pressure and real-world professional life.

Control the controllables. Protect the momentum. Stay in the game.

And you'll look, feel, and perform better than 99 percent of people in your world.