



# Minute Fit

The Metabolism Accelerator for the  
**Time Crunched, Deskbound,  
and Stressed-Out**

**Siphiwe Baleka**

**"America's Fittest Trucker"**

with L. Jon Wertheim

## **Fitness Goals Worksheet**

1. Why are you reading this book?
2. What is your fitness goal(s)?
3. When do you want to achieve this goal?
4. What's motivating you?
5. What's really motivating you?
6. In answering questions 1 through 5, what/how do you feel? What emotions are you experiencing? (Note: Don't describe what you are *thinking*, instead identify what you are *feeling*.) It's important to identify your emotions. This is the source of the energy you will need to reach your goals.

On a scale of 1 to 10, how satisfied are you with your:

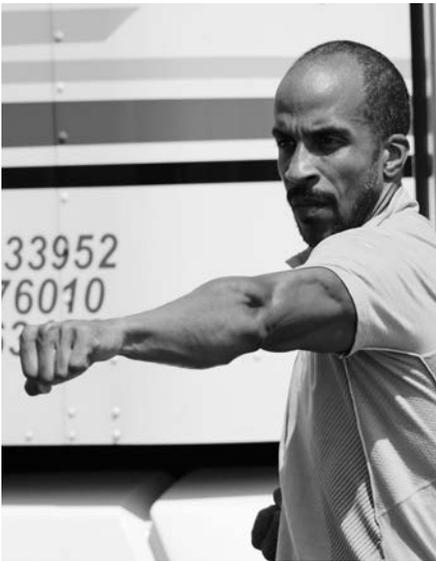
- ▶ Weight?
  - ▶ Health?
  - ▶ The life you are living?
7. What is preventing you from answering 10 above?
  8. What is most important to you?
  9. Can you have/do number 8 above without your health?
  10. What is your goal weight?
  11. When do you want to reach that weight?
  12. What has prevented you from reaching your goal weight?

13. Go back and look at your answers to questions 1 through 12. How much time and thought did you put into them? Did you give one-word answers? Did you write a complete sentence? Did you write a detailed paragraph? *How* you answered the questions says *more about* you and your motivation/readiness to change and succeed than *what* you answered.
14. Go back to the questions and dig a little deeper.
15. Why do you want to lose weight?
16. Whatever you answered to number 15, why is that?
17. Whatever you answered to number 16, why is that? (Note: This is how you dig deeper: you have to keep asking, Why?)
18. When will you start Week 1?
19. Which food-logging app are you going to use?
20. When will you schedule your fifteen minutes to get a minimum of four minutes of vigorous activity each day?
21. What will you say and what will you do when you don't feel like doing your workout, when you don't feel like logging your food, or you become aware that you are making excuses? (Note: if you don't have an answer for this, you are not properly prepared for success. Arm yourself ahead of time by having a plan for how you will behave.)

## 1. Knee Crushers



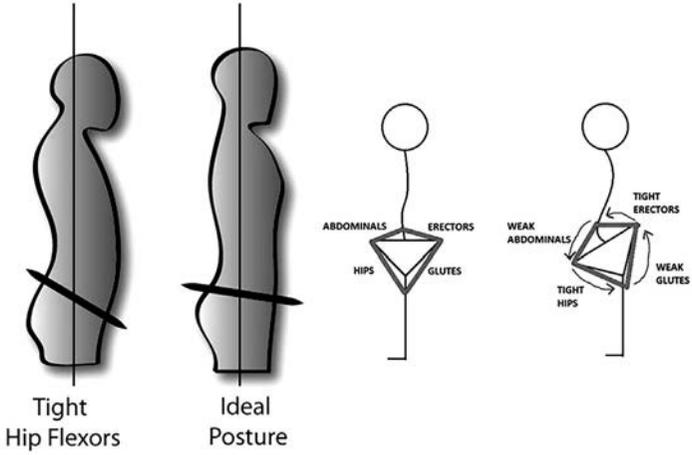
## 2. Shadowboxing



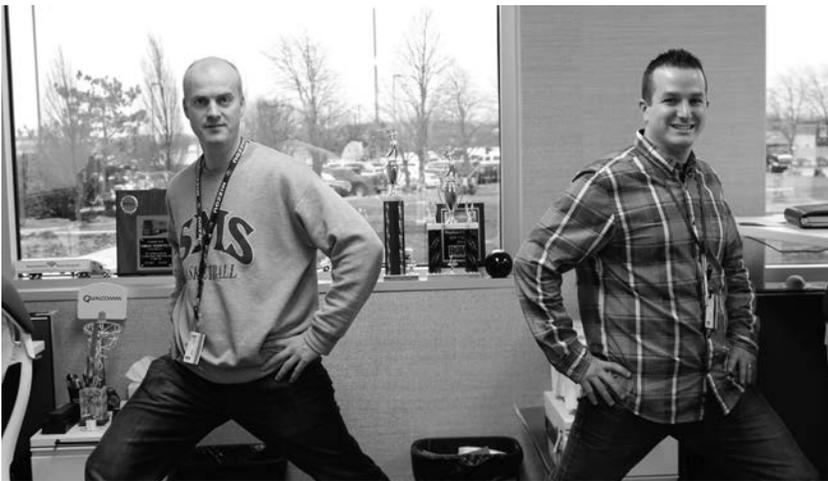
### 3. Squats



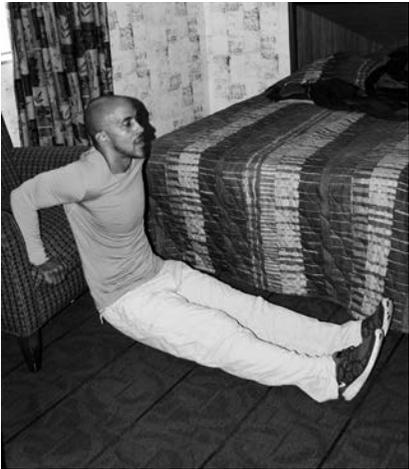
# TIGHT HIP FLEXORS



Here's a simple stretch for that part of the body:



**Dip**



**Squat**



## Lunge



## Push-up



## Squat Jump



**Pistol Squat**



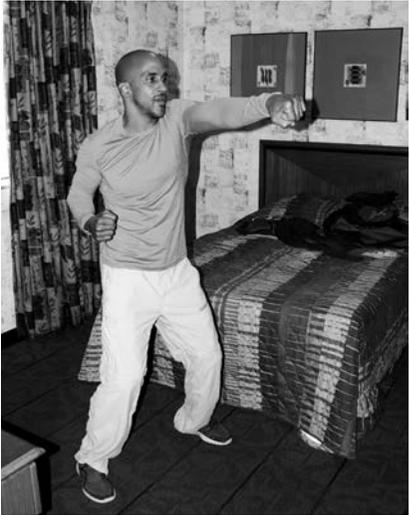
**Lunge Jump**



*Jumping Jack*



*Shadowboxing*



***Running in Place***



**Spider-Man Push-up**



*Single-Leg Ice Skaters*



***Dive-bomber Push-ups***



**MMA-Style Knee Raises**



*Shadowboxing with Kicks*



*Push-ups with Leg Extensions*



**Hops**



*Planks*



**Burpees**



**Step-ups**



**Crunches**



**Bird Dogs**



**Side Planks**



**Bench Jumps**



*Russian Twists*



**Bicycle Crunches**



**Mountain Climbers**



***In-and-Out Crunches***



***Hand-to-Toe Crunches***



***Side Planks with Leg Raises***



**Side Planks with Hip Thrusts**

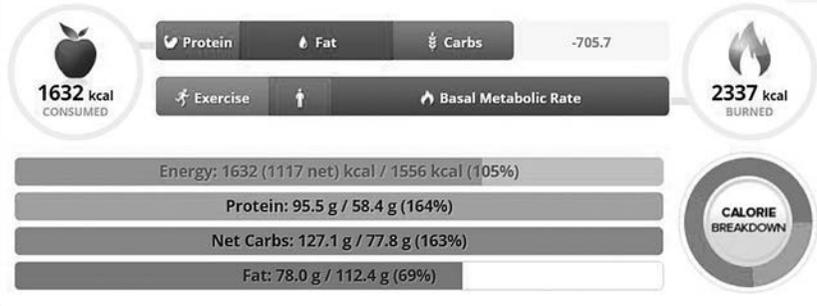


**Side-to-Side Toe Touch Jumps**



 <i>Breakfast</i>		
 Ionix Supreme	1 Serving	25
 IsaLean Pro French Vanilla Shake	1 × 1 Packet	280
 Blueberries, wild, frozen	1 cup, whole pieces	71.4
 Ageless Essentials with 4th Generation Product B AM Pack	1 g	0
 bicycling, to/from work, self selected pace	15 minutes	-101.93
 Omelet, made with onion, tomato, peppers, mushrooms	3 medium egg used - 1 whole egg or 2 egg whites	373.21
 <i>AM Snack</i>		
 Almonds, raw	10 each	71.39
 <i>Lunch</i>		
 Clif Builder's 20g Protein Bar, Chocolate Peanut Butter	1 bar - each 2.4 oz	263.47
 Starbucks Refreshers Raspberry Pomegranate	1 oz	7.5
 <i>PM Snack</i>		
 Simple Squares Coconut Honey Bar	0.5 Serving	115
 Original Living Coconut Vanilla Bean Coconut Cream Dessert	0.2 × 1 serving	29
 Ageless Essentials with 4th Generation Product B PM Pack	1 g	0
 Chocolate chip cookies, bakery	0.5 each - approx 2 1/4" diameter	38.96
 <i>Dinner</i>		
 Gyro sandwich	0.44 sandwich	356.74

## Calories Summary



## Nutrient Targets



General		
Energy	1631.7 kcal	105%
Caffeine	3.7 mg	No Target

Carbohydrates		
Carbs	147.0 g	82%
Fiber	20.0 g	53%
Sugars	65.2 g	No Target
Fructose	9.2 g	No Target

Lipids		
Fat	78.0 g	120%
Monounsaturated	28.9 g	No Target
Polyunsaturated	11.4 g	No Target
Omega-3	2.1 g	133%
Omega-6	10.0 g	59%
Saturated	24.6 g	24.584 g
Trans-Fats	1.9 g	1.895 g
Cholesterol	609.1 mg	609.137 mg

Protein		
Protein	95.5 g	170%
Cystine	801.0 g	302367%
Histidine	746.4 g	112712%
Isoleucine	2142.7 g	161773%
Leucine	3534.4 g	136847%
Lysine	2883.4 g	145135%
Methionine	816.1 g	123239%
Phenylalanine	1192.8 g	144095%
Threonine	2192.2 g	220685%
Tryptophan	730.7 g	275831%
Tyrosine	1242.0 g	150034%
Valine	2047.9 g	118936%

Vitamins		
B1 (Thiamine)	12.2 mg	1017%
B12 (Cobalamin)	171.3 µg	7138%
B2 (Riboflavin)	14.9 mg	1144%
B3 (Niacin)	49.7 mg	311%
B5 (Pantothenic Acid)	18.4 mg	368%
B6 (Pyridoxine)	18.0 mg	1381%
Biotin	399.0 µg	1330%
Choline	490.2 mg	89%
Folate	1401.7 µg	350%
Vitamin A	17229.2 IU	574%
Vitamin C	809.1 mg	899%
Vitamin D	2366.1 IU	1183%
Vitamin E	54.5 mg	363%
Vitamin K	176.2 µg	147%

Minerals		
Calcium	812.5 mg	81%
Chromium	215.0 µg	614%
Copper	3.7 mg	406%
Iodine	250.0 µg	167%
Iron	12.8 mg	160%
Magnesium	541.3 mg	129%
Manganese	8.6 mg	375%
Phosphorus	985.5 mg	141%
Potassium	1683.9 mg	36%
Selenium	203.5 µg	370%
Sodium	2006.3 mg	134%
Zinc	33.4 mg	303%

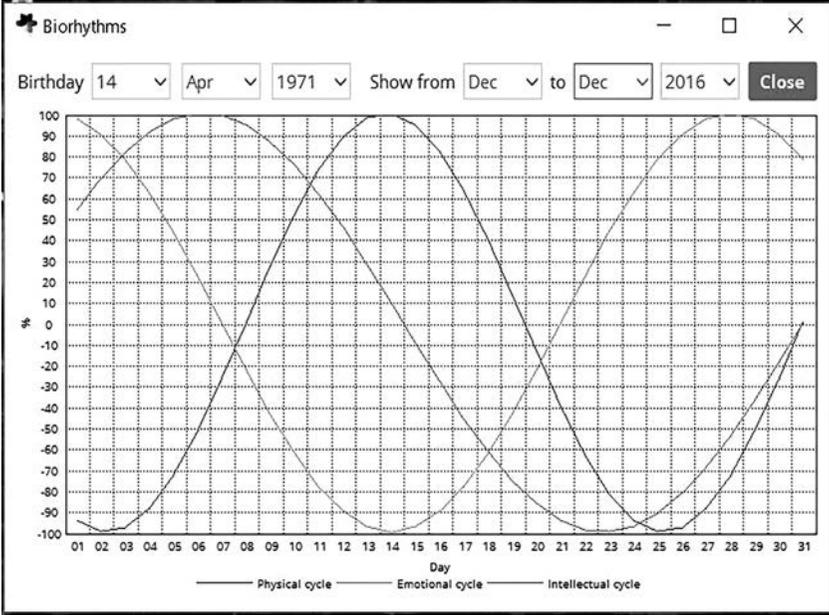
May 13, 2015

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kellogg's® - Pop-tarts - Frosted Strawberry, 2 Pastry (52g)	400	76g	10g	4g	0mg	340mg	32g	2g
<b>Lunch</b>								
Nissin Chow Mein - Chicken Flavor, 1 container	480	70g	18g	12g	0mg	1,340mg	16g	4g
<b>Dinner</b>								
Walmart - Walmart Meat Lovers Pizza, 2 slice	720	54g	38g	34g	100mg	1,820mg	6g	2g
<b>Snacks</b>								
Mountain Dew - Baja Blast, 20 oz	280	73g	0g	0g	0mg	75mg	73g	0g
Yvonne's Casa - Sweet Seedless Red Grapes, 1 cup	104	27g	0g	0g	0mg	3mg	23g	1g
Kellogg's® - Pop-tarts - Frosted Strawberry, 2 Pastry (52g)	400	76g	10g	4g	0mg	340mg	32g	2g
Planter's - Dry Roasted Peanuts, 6 oz (about 39 pieces)	960	30g	84g	42g	0mg	900mg	12g	12g
<b>TOTAL:</b>	<b>3,344</b>	<b>406g</b>	<b>160g</b>	<b>96g</b>	<b>100mg</b>	<b>4,818mg</b>	<b>194g</b>	<b>23g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Garmin Connect calorie adjustment		44	1		
<b>TOTALS:</b>		<b>44</b>	<b>1</b>	<b>0</b>	<b>0</b>

May 14, 2015

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kellogg's - Pop-Tarts - Frosted Strawberry, 2 Pastry	400	76g	10g	4g	0mg	340mg	32g	2g
<b>Dinner</b>								
Stouffer's - Deluxe French Bread Pizza, 2 Pizza	840	88g	42g	28g	60mg	1,640mg	12g	4g
<b>Snacks</b>								
Herr's - Peanut Butter Pretzels, 9 pieces	140	15g	7g	5g	0mg	330mg	2g	2g
Herr's - Peanut Butter Pretzels, 9 pieces	140	15g	7g	5g	0mg	330mg	2g	2g
Campbell's Chunky - Sirion Burger With Country Vegetables, 1 container (2 cups ea.)	280	34g	10g	14g	40mg	1,580mg	6g	6g
Hickory Harvest - Island Fruit Mix, 1/4 cup	105	26g	0g	0g	0mg	48mg	22g	1g
Stouffers - Baked Ziti, 1 pkg (453g)	520	68g	18g	22g	50mg	1,100mg	13g	5g
<b>TOTAL:</b>	<b>2,425</b>	<b>322g</b>	<b>94g</b>	<b>78g</b>	<b>150mg</b>	<b>5,368mg</b>	<b>89g</b>	<b>22g</b>



Siphwe's Bio Well biorhythm chart for December 2016