

Leaving on a Jet Plane Planner

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With this worksheet you can eliminate the biggest danger to eating healthy - going hungry while traveling! When you're hungry, your willpower crashes and it can be hard to find what you need at the spur of the moment.

This worksheet ensures that you are prepared, healthy, and feeling great throughout your trip.

1 Determine how long you could be without food:

	Example	Your Trip	
How long does it take to get to the airport?	1 hr	<input type="text"/>	Remember to arrive 1 1/2 hrs before your flight to make sure you have enough time for security and a pit stop before boarding. Then factor in travel time to the airport.
Add 1 1/2 hrs for the airport.	1.5 hr	<input type="text"/>	
How long is your flight?	3.5 hr	<input type="text"/>	The flight will note the landing time in the time zone you are arriving in. So remember to factor in time zones.
Add in time for arrival, delays, and getting your baggage and rental car.	1 hr	<input type="text"/>	If you are traveling in the winter, you'll want to plan for possible long delays. Same for other weather events. And sometimes delays just happen, so add some buffer just in case.
How long will it take to reach your final destination from the airport?	1 hr	<input type="text"/>	If you are driving, you can use Google Maps to determine how long it will take to drive from the airport to your destination. If you arrive in rush hour, factor in extra time!
Your Total:	8 hrs	<input type="text"/>	You may be surprised!

2 How many meals or snack times are you going to need to prepare for?

You may be surprised by how the time added up! The next step is to prepare for it so you don't go hungry. Based on the hours you will be traveling between destinations, use this cheat sheet to determine about how many **meals (25-30 grams protein) and snacks (15-20 grams protein)** you'll need to plan for. It includes an extra snack in case there are delays.

Total Trip Time	Meals and Snacks to Prepare for While Traveling
4-6 hours	1 meal before leaving, 1 meal at destination, and 2-3 snacks
6-9 hours	1 meal before leaving, 1 meal at destination, 1 mid-trip meal, and 2-3 snacks
9-12 hours	1 meal before leaving, 1 meal at destination, 1-2 mid-trip meals, and 2-3 snacks
Additional Hours	Add 1 extra snack or meal for every 3 hours.

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What and Where Will You Eat?

What will you eat before you leave?

Eating while you are still home is your best option for starting your day off right.

Are you eating on the concourse? If so, where and what?

If you plan to eat on the concourse, it pays to plan ahead. Take a look at what is available ahead of time to ensure a healthy, feel good decision when you arrive.

What snacks will you bring?

Check out our Feel Great Healthy Snack Kit for all you need to snack healthy while traveling. Snacks are your secret weapon against the temptations of unhealthy food.

If getting snacks on the concourse, what snacks will you get?

If you can't bring your own snacks, there are healthy snacks to be found on the concourse. Planning ahead makes sure you know exactly what you are going for, and ignore those unhealthy options automatically.

Where will you eat when you arrive at your destination?

Knowing ahead of time where you will eat when you arrive at your destination will shave time and help you resist bad options. No more waivering hungrily as you make a last minute decision in unfamiliar territory.

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Checklist for Travel Day

- Do you have enough snacks to cover your recommend snack times?
- Did you eat a good meal before you left? Do you have backup plan if you didn't?
- Do you have the information of where you will eat when you arrive at your destination all ready to go?
- Did you make sure you are not carrying liquids or knives through security?
- Are you prepared with an empty water bottle to fill on the concourse, or will you buy water?

You are ready to travel feeling great and healthy.