

# THE TIME CONTROL BLUEPRINT

How High-Performing Men Lose Fat and Stay Consistent Without  
Sacrificing Career, Family, or Sanity



# INTRO: WHY TIME CONTROL MATTERS

You built your career on a system...

So why are you still winging your health?

You manage million-dollar projects.

You lead meetings, teams, and timelines.

But when it comes to your body?

It's inconsistent. Exhausting. And easy to ignore... Until it's not.

This isn't about motivation. It's about the system you've been missing. Because if you're like most high-performing men I coach, here's the truth:

You don't need more time.

You need a framework that makes fitness non-negotiable, without blowing up your workday.

This isn't about meal prep, calorie tracking, or adding another stressor to your calendar. It's about engineering fitness and nutrition into your week the same way you lead your team:

- ✓ Clear
- ✓ Structured
- ✓ Efficient
- ✓ Repeatable

By the end, you'll see exactly how busy men lose fat, stay consistent, and rebuild confidence without sacrificing career, family, or sanity.



*Coach Spencer*

# PART 1: PRIORITY OVER PERFECTION

## The #1 mistake I see from high-performing men?

Trying to be perfect, instead of consistent.

You don't need hour-long workouts.

You don't need to track every bite.

You need high-leverage actions that actually fit into your life.

## New Rule: Consistency > Perfection

Perfection is a trap.

It lasts 10 days, then crashes the second your calendar explodes.

My client, Adam was skipping workouts weekly. After this shift? **He's dropped 60+ pounds in 2 years** and hasn't missed a single night out.

But 80% consistent?

That's how my clients drop 15–30 pounds without tracking every calorie or skipping happy hour.

## A Glimpse Into the System:

Before we build your schedule, we audit your time.

Every client inside the Blueprint runs this exact scan:

- Where is **time actually being lost**?
- What **blocks can we own**?
- What's the **bare minimum dose** of effort that still moves the needle?

You'll be shocked how much time opens up once we engineer around your chaos, not in spite of it.

## Your Preview Exercise:

Want a head start?

Track your time for the next 2–3 days in 15-minute chunks. Look for "dead zones": scrolling, Slack/Teams purgatory, post-lunch zombie hours.

Most of my guys find 3–5 hours/week.

**We turn that into results.**



# PART 2: THE 3-PART SYSTEM TO STAY FIT IN A 60-HOUR WEEK

## PHASE 1: THE 30-MINUTE FITNESS INTEGRATION

You don't need 90 minutes in a gym. You don't need a "perfect" routine. You need a short, repeatable system that actually fits into a 60-hour week.

Inside the Blueprint, we use what I call the Minimum Effective Dose approach: If you can commit just **30 minutes a day**, you can build momentum and results that stick.

### Workout Integration Options:

Most of my clients land on just one of these anchor blocks and use it to drive 90% of their consistency.

Option 1: **Morning Training Block** (Best for Energy & Focus)

🕒 5:30–6:15 AM

Strength train, quick shower, roll into your day sharper than 99% of the office

Option 2: **Lunch Break Micro-Workout** (For Meeting-Heavy Mornings)

🕒 12:15–12:45 PM

In-and-out gym session before heading back to work—zero social life disruption

Option 3: **Post-Work Decompression Session** (Stress Recovery Strategy)

🕒 6:00–6:45 PM

Transition out of work mode, lift the mental fog, and still make it to dinner

### The Non-Negotiable Rule:

Put it in your calendar just like a client meeting. Because if it's not scheduled, it won't happen.

What were your biggest non-scale WINS this past week?

I feel like my upper body is looking much better... next is attacking the spare tire!



Adam Vickers

11:10 AM

It's another great week! I'm feeling stronger and improving with my workouts which is always a good thing.

# PART 2: THE 3-PART SYSTEM TO STAY FIT IN A 60-HOUR WEEK

## PHASE 2: NUTRITION ON AUTOPILOT

The second biggest time killer?

**Decision fatigue from food.**

"What should I eat?"

"Should I cook or order in?"

"Is this even healthy?"

That daily mental noise adds up and it's why most high performers fall off, even when they know what to do.

### Here's How We Eliminate It:

Inside the Blueprint, we use a **Standardized Meal Rotation** built to reduce decisions without sacrificing real-world flexibility.

#### Breakfast

Overnight oats + protein / Greek yogurt + nuts

#### Lunch

Prepped protein + smart carb + veggie  
→ **Simple rotation** that doesn't collapse on busy days

#### Dinner

Lean protein + veggies + fat  
→ **5-ingredient max meals:** low prep, high consistency

#### Snacks

Protein shakes, fruit, mixed nuts, beef jerky  
→ **No macros, no guesswork, no brain drain**

#### Meal Prep Efficiency Hacks

- Sunday + Wednesday = 30-minute prep blocks
- Stock emergency grab-and-go options (precooked protein, instant rice, frozen veg)
- Eating out? Use the **3-Part Decision Filter**
- Protein + Smart Carb + Veggie
- Simple. Repeatable. No calculator.

What was your biggest nutrition WIN this past ★ week?

I feel like I did a good job of mixing my macros up.

### The Result:

You stop asking "What should I eat?" and start staying consistent, no matter how chaotic the day gets.

# PART 2: THE 3-PART SYSTEM TO STAY FIT IN A 60-HOUR WEEK

## PHASE 3: THE WEEKLY OPTIMIZATION SYSTEM

Most men fail not because they don't know what to do but because their week gets hijacked before they even start.

This system builds consistency into your calendar, before chaos takes over.

### Sunday Planning (10 Minutes)

- Review your upcoming work + travel schedule
- Lock in 3 non-negotiable training blocks (4 = bonus)
- Map your meals + do a quick grocery top-off if needed

### Friday Review (5 Minutes)

- Ask: Did I hit my 3+ workouts? Was I 80% dialed in on nutrition?
- Adjust for next week: What worked and what needs to change?

### The Fail-Proof Rule: Have a Backup Plan

Because real life WILL mess with your schedule, but with this system, **you never need to start over.**

- **Traveling?** Do a hotel room circuit (bodyweight + resistance bands)
- **Late workday?** Hit a 20-minute power session or a walk
- **Social events?** Stick to the 80/20 Rule (80% structure, 20% flexibility)

Most guys I coach say this is what finally made the system sustainable, it's not about being perfect, it's about being ready.



Ari H.

Had a HH last night, pre-planned what I was going to drink, stuck to the plan, and this morning weighed in a half a pound less than yesterday!!!!

Is there anything I can do to support your more <sup>\*</sup> next week?

You've given me some great tips to handle work lunches and social events and it has certainly helped!

# THIS SYSTEM WORKS FOR MY CLIENTS. NOW IT'S TIME TO SEE IF IT WORKS FOR YOU.

You built the career. You manage your team. Now it's time to lead your health the same way: **with structure.**

This blueprint was the preview. The next step is execution.

You've seen the framework. You've seen the results.

**So here's the question:**

Will you be another guy who downloads another free guide...

Or the one who finally takes action that actually fits your life?

If you're ready to lose 20+ pounds, rebuild confidence, and never "start over" again...

## **Option 1: Get Started for \$9**

Grab the 7-Day Fat Loss System

→ Full video walkthroughs + simple execution plan

→ Built specifically for corporate men with full calendars

**[Click Here To Get The System](#)**

## **Option 2: Want the Full Plan Custom-Built for You?**

Book a free 1:1 call and we'll map your schedule, family life, and work demands into a system you can actually stick to.

**[Book Your Strategy Call](#)**

Or DM me "READY" on Instagram [@spencerhgallo](#) and I'll send you the next step directly.

No pressure, just progress, finally engineered for your reality.

