



GOALS DON'T TAKE VACATIONS:
HOW TO TRAVEL STRESS-FREE
WITHOUT LOSING PROGRESS



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WELCOME

Meet Alexa Champagne, CPT, CF-L1

I grew up playing competitive soccer, where I learned discipline, grit, and the drive to push past limits. But after five orthopedic surgeries in 10 years, I faced a terrifying reality—the fear of never moving the same way again. Each recovery wasn't just about rebuilding strength; it was about rebuilding confidence and redefining my identity as an athlete.

Refusing to let injuries define me, I adapted. I transitioned from a collegiate soccer player to a CrossFit athlete and coach, and now focus on hypertrophy training, mastering how to modify movements and keep progressing. As a Certified Personal Trainer (CPT), I've learned how to train smarter, prevent future injuries, and build strength through every phase of recovery. Through every setback, I discovered the power of resilience, smart training, and the mindset needed to come back stronger.

STAY FIT, EAT SMART, TRAVEL FAR

Travel is supposed to recharge you—not derail you. Whether you’re hopping on a plane for work, celebrating love at a wedding, or finally taking that much-needed getaway, the goal is to enjoy the experience without losing sight of everything you’ve been working toward. Your goals don’t suddenly disappear just because your zip code changes.

Now, let’s be real: it’s easy to fall into the “I’ll just start over when I get back” mindset. But here’s the truth—you don’t need to press pause on your progress just because you’re away from your usual routine. With the right game plan, you can stay consistent without stressing, enjoy local food without guilt, and move your body in a way that makes you feel strong, energized, and proud.

This guide isn’t about being “perfect.” It’s not about skipping every dessert or working out for an hour a day on vacation. It’s about momentum—keeping your energy high, your choices intentional, and your goals in view while still living in the moment. You’ll learn simple, no-BS strategies that I’ve tested on every type of trip—from all-inclusive beach resorts to cramped hotel rooms with zero gym access.

Fitness and nutrition don’t have to be complicated. You just need to plan smart, stay flexible, and give yourself some grace. My goal is to help you feel empowered and in control—whether you’re navigating airport snacks, dining out with friends, or squeezing in a quick workout in your hotel room.

Because when you show up for yourself—even on the road—you prove that your commitment isn’t situational. It’s who you are.

Let’s make traveling feel good again. Let’s make it feel like progress.

Chapter 1: **THE TRAVEL-DAY GAME PLAN**

YOUR GOAL:

MINIMIZE CHAOS AND STAY FUELED.

HYDRATION IS YOUR MVP.

- Bring a refillable water bottle and start sipping before you even hit the airport. Flights, long car rides, or delays can sneak up on you with dehydration and cravings.

SNACK LIKE YOU MEAN IT.

- Pack protein-heavy, nutrient-dense options:
- Protein powder (individual packs or pre-scooped)
- Oats + chia seeds (you can mix with hot water anywhere)
- Nut butter packets, almonds, trail mix
- Protein bars (aim for 15g+ protein, low sugar)
- Jerky or tuna packs (if you're cool with the smell 🤔)

AIRPORT OR GAS STATION TIPS:

- Go for Greek yogurt, fruit cups, hard-boiled eggs, or raw veggie packs if available.
- Don't be afraid to walk laps at the airport between gates—movement adds up!



Chapter 2:

GROCERY STORE FIRST STOP



YOUR GOAL:

SET YOURSELF UP FOR SUCCESS.

As soon as you check in, Google the nearest grocery store. You'll thank yourself later.

YOUR GRAB-AND-GO GROCERY LIST:

- PROTEIN: Rotisserie chicken, pre-cooked grilled chicken, eggs, Greek yogurt
- VEGGIES: Pre-washed salads, carrots, peppers, snap peas, cherry tomatoes
- CARBS: Microwaveable brown rice or quinoa cups, baby potatoes, fruit
- FATS: Avocados, nut butter, trail mix
- EXTRAS: Hummus, sparkling water, light sauces (Walden Farms or G Hughes BBQ) or seasonings

PRo tip:

Bring your own seasoning packets (like everything but the bagel, taco seasoning, etc.) in a Ziploc. This is a GAME CHANGER.

Chapter 3:

HOTEL ROOM HACKS



YOUR GOAL:

MAKE IT WORK WITH WHAT YOU'VE got.

IF YOU HAVE A KITCHEN:

You've hit the jackpot. A full kitchen (or even a kitchenette) means you can keep your nutrition dialed in with ease.

PRO TIPS:

- Batch cook once when you arrive—chicken, ground turkey, or tofu, roasted veggies, rice or potatoes. Store in containers and reheat as needed.
- Easy meals that travel well:
 - Chicken + veggie stir-fry with microwave rice
 - Ground beef tacos with lettuce wraps or rice
 - Egg scramble with spinach, peppers, and sweet potato
- **OVERNIGHT OATS:** Combine oats, almond milk, chia seeds, and protein powder in a jar. Chill overnight = breakfast ready.
- **SHEET PAN MEALS:** Roast everything (protein + veg + carbs) in one go for easy cleanup and leftovers.
- **SNACK CONTAINERS:** Pre-pack carrots, hummus, fruit, and boiled eggs into grab-and-go containers for when you're out exploring.

Chapter 3:

HOTEL ROOM HACKS CONT.



YOUR GOAL:

MAKE IT WORK WITH WHAT YOU'VE got.

IF YOU DON'T HAVE A KITCHEN:

No stove? No problem. You've still got options with a microwave, mini-fridge, or even just a coffee maker.

Microwave Meal Ideas:

- Microwave egg whites: Pour into a mug or bowl, add frozen spinach, season, microwave in 30-sec intervals (stir each time) until fluffy.
- Sweet potato + rotisserie chicken + avocado: All store-bought and ready in minutes.
- Steam veggies in a microwave steamer bag or in a covered bowl with a splash of water—add protein and rice for a full meal.

Mini-Fridge Hacks:

- Stock it with:
 - Greek yogurt
 - Hard-boiled eggs
 - Veggies + hummus
 - Cooked chicken/turkey slices
 - Fruit + nut butter
- Make "snack plates" your go-to: Protein + fiber + healthy fat = satisfying and balanced.

Coffee Maker Hacks (yes, really):

- Use it for hot water to cook oats or instant rice
- Use it to reheat boiled eggs or veggies
- Heat up broth-based soups

No fridge, no microwave?

- You can still build meals with shelf-stable items:
 - Tuna or salmon packets + rice cakes
 - Instant oats with protein powder and nut butter
 - Trail mix + beef jerky + fruit
 - Protein bars + bananas

PACKING TIP: Bring a bowl, fork/spoon, and a mini knife (if checked luggage allows). Hotel rooms often don't have utensils, and this gives you way more freedom with your meals.

Weird but true: You can cook oats with hot water from a coffee machine or microwave. Not fancy, but it works.

Chapter 4:

EATING OUT WITHOUT STRESSING OUT

YOUR GOAL:

ENJOY THE MOMENT AND STILL FEEL GOOD AFTER.

START WITH THE FOUNDATION: PROTEIN + VEGGIES.

When in doubt, build your meal around these two things. Most restaurants will happily give you:

- Grilled chicken or fish, Steak or turkey burgers, Eggs or tofu scrambles, A big salad with extra protein or veggie sides or steamed greens

Ask for swaps! Don't be afraid to be that person (I AM THAT PERSON and I gladly accept it). You're paying for the meal—get what fuels you and ignore the judgement.

SMART SWAPS THAT STILL TASTE GOOD:

- Sub fries or chips for a side salad, extra veggies, or fruit
- Ask for dressing and sauces on the side
- Pick one indulgent item (like the truffle mac or the dessert) and balance the rest of your meal with lighter, whole food-based choices
- Choose grilled, baked, or roasted over fried or breaded when possible
- Share appetizers or desserts if you want to taste everything without overdoing it

DRINK SMARTER (AND STILL HAVE FUN):

- Hydrate before and after alcohol—start with a full glass of water, and alternate drinks with water if you're having more than one
- Stick to simple drinks with fewer added sugars:
 - Vodka soda with lime, Tequila + sparkling water, Light beer or dry wine
 - Avoid the sugary mixers, frozen cocktails, or anything with “slush” in the name
- If you know you'll indulge more later in the day, keep earlier meals lighter, protein-packed, and hydrating (think: protein shake, fruit, eggs, greens)

Reminder: You don't have to earn your meals, and you don't have to punish yourself afterward. You're not “being bad” by eating out—you're just living your life.



Chapter 5: **STAY MOVING WITHOUT A GYM**



YOUR GOAL:

KEEP YOUR BODY FEELING GOOD.

Movement doesn't have to stop just because you're away from your usual setup. Even without a gym, you can still get your blood flowing, boost your energy, and stay consistent. It might look different—and that's okay. The key is to stay in motion, even if it's just 10–15 minutes a day.

NO-GYM? NO PROBLEM.

You've got options:

- Bodyweight workouts in your hotel room
- A walk or jog to explore a new neighborhood
- Stretch or mobility session first thing in the morning
- Resistance band workouts (they pack small but hit hard)
- HIIT circuits using just your bodyweight—quick and effective

No equipment? No excuses. Your body is your equipment.

TRAVELING LIGHT? THINK SMART.

Toss a jump rope, a loop band, and a resistance tube in your bag. Boom—instant workout kit that fits in your carry-on. And don't underestimate the power of daily steps. Even 8k–10k+ steps while sightseeing or walking through airports adds up fast.

Chapter 5:

STAY MOVING WITHOUT A GYM CONT.



IF YOU'RE TRAVELING LONGER THAN A WEEKEND...

More power to you! If you're away for a week (or more), and you **want** to find a local gym or drop into a fitness class—go for it. Many places offer free trials, discounted day passes, or community workouts.

SOME IDEAS:

- Google “gyms near me” and look for day/week passes
- Check CrossFit boxes, bootcamps, or yoga studios
- Try ClassPass or Mindbody to drop into a class
- Ask your hotel concierge or host for recommendations

Pro Tip: Don't be shy—most fitness communities love visitors. It's a great way to switch up your routine, meet new people, and maybe even get some local recommendations post-workout.

Whether you're doing squats next to your suitcase or hitting a new gym in a new city, remember—consistency looks different when you travel, and that's okay. It doesn't have to be intense to be effective. Just keep showing up in whatever way you can.

KEEP MOVING. KEEP MOMENTUM.

Chapter 6:

STAYING ON TRACK MENTALLY



YOUR GOAL:

STAY INTENTIONAL WITHOUT OBSESSING.

- MORNING CHECK-IN:
 - “What’s one thing I can do today to feel my best?”
 - “How can I honor my goals and enjoy the moment?”
- EVENING REFLECTION:
 - Celebrate little wins: walked 10k steps, drank water, skipped mindless snacks
 - No guilt if you splurged—own it and move forward.

REMEMBER:

One treat meal or skipped workout doesn’t erase your progress. The goal is consistency, not control.

Travel can actually make you stronger—because it proves you can stay focused, flexible, and consistent in any environment.

Every time you make a small choice that aligns with your goals, you’re showing up for yourself.

You’ve got this. Wherever you go, your goals go with you.

BONUS: TRAVEL TOOLKIT TO STAY ON TRACK

Sample Packing List (Fitness + Nutrition Edition)

Keep this checklist handy when you're prepping for your trip:

Food/Drink Essentials:

- Protein powder (pre-scooped in Ziplocs or portable containers)
- Protein bars (RXBar, Barebells, ONE Bar, etc.)
- Quick oats + chia seeds
- Nut butter packets (Justin's or RX)
- Electrolyte packets (LMNT, Liquid I.V.)
- Collapsible water bottle or shaker cup
- Travel utensils + Tupperware (if meal prepping)

Fitness Gear:

- Resistance bands (loop and long bands)
- Mini foam roller or massage ball
- Workout clothes + shoes
- Jump rope (compact cardio!)
- Travel-size sweat towel
- Apple Watch / Fitbit / Whoop (if you track steps, HR, etc.)\

Supplements (if you use them):

- Magnesium
- Creatine
- Fish oil
- Daily multivitamin

See my Go-To Travel Products on Page 17

NO-EQUIPMENT TRAVEL WORKOUTS

FULL-BODY QUICK HIIT

Repeat for 4 rounds:

- 20 air squats
- 10 push-ups (modify on knees or incline)
- 20 walking lunges
- 30-sec plank hold
- 10 burpees
- Rest 30–60 sec between rounds

LOWER BODY BURNER

3–4 Rounds:

- 15 glute bridges (double leg)
- 15 single-leg glute bridges each side
- 20 alternating reverse lunges
- 15 jump squats (or bodyweight squats if low impact)
- 1-min wall sit

Add a slow tempo (3-second descent) to spice it up.

UPPER BODY CORE COMBO

Circuit x3–4 rounds:

- 10 push-ups
- 15 tricep dips (use bed/chair/bench)
- 30 shoulder taps
- 30-sec side plank (each side)
- 20 mountain climbers
- 10 slow tempo superman holds (3 sec up, 3 sec down)

LOW IMPACT / RECOVERY FLOW

Perfect for travel days, soreness, or a little reset:

- 10 cat/cow stretches
- 5 deep lunge + twists each side
- 10 slow glute bridges
- 10 bodyweight good mornings
- 1-min child's pose
- 1-min pigeon stretch each side

Repeat flow 2–3x for a gentle sweat + recovery.

CARDIO CORE CIRCUIT

AMRAP (As Many Rounds As Possible) in 15 min:

- 40 jumping jacks
- 20 bicycle crunches
- 15 high knees (each leg = 1)
- 10 sit-ups
- 20 flutter kicks
- 5 burpees
- Push pace, but keep form sharp.

TABATA-STYLE BURNER

Pick 4 movements. Go 20 sec on / 10 sec off, repeat each move 4x before switching.

Sample circuit:

- Jump squats
- Push-ups
- Reverse lunges
- Plank shoulder taps

Total: 16 rounds (8 mins total). Want more? Run through 2–3 different Tabata blocks.

“SNACK SWAPS” CHEAT SHEET

QUICK WAYS TO PIVOT WITHOUT SACRIFICING FLAVOR OR GOALS. SNACK SMART, FEEL GOOD, KEEP MOVING FORWARD.



CRAVING SOMETHING SWEET?

Instead of:

- Candy bars
- Pastries/muffins
- Chocolate-covered anything

Try:

- Protein bar (look for one with 15g+ protein and low sugar)
- Chocolate rice cake + almond butter
- Greek yogurt with berries + cinnamon
- Dark chocolate (70%+) + a handful of almonds
- Frozen banana slices + peanut butter drizzle

Pro tip: Mix a little chocolate protein powder with almond milk for a quick sweet fix that also keeps you full.



CRAVING SOMETHING SALTY/CRUNCHY?

Instead of:

- Chips
- Fries
- Pretzels

Try:

- Roasted chickpeas or edamame
- Veggie chips or seaweed snacks
- Popcorn (100-cal packs or air-popped)
- Rice cakes + guac or hummus
- Turkey or beef jerky + pickles

Pro tip: Season raw veggies (carrots, cukes, bell peppers) with salt, pepper, and everything bagel seasoning—it hits.

“SNACK SWAPS” CHEAT SHEET CONT.



NEED A SNACK THAT FEELS LIKE A TREAT?

Instead of:

- Ice cream
- Bakery cookies
- Gas station sweets

Try:

- Protein mug cake (protein powder + 1 egg + splash of milk, microwave 30–60s)
- Halo Top or Yasso frozen bars
- Dates + almond butter + sea salt = chewy caramel vibes
- Low-sugar granola + almond milk = healthy cereal fix



ON-THE-GO FUEL SWAPS

Instead of:

- Bagel + cream cheese
- Gas station sandwich
- Airport pastry breakfast

Try:

- Protein shake + banana + nut butter
- Whole grain wrap with turkey or tuna pack
- Boiled eggs + fruit
- Overnight oats with protein powder
- Protein smoothie from a juice bar (watch added sugars)



THIRSTY? HYDRATE SMARTER.

Instead of:

- Soda
- Energy drinks
- Sugary coffee drinks

Try:

- Sparkling water with lime
- Electrolyte packets (LMNT, Liquid IV, Ultima)
- Cold brew + splash of almond milk
- Protein coffee (add your protein powder to iced coffee!)
- Herbal tea or flavored water with fruit slices



GO-TO TRAVEL PRODUCTS

Everything you need to stay on track—without overpacking or overthinking. These are tried-and-true staples I always keep in my bag.



HYDRATION & NUTRITION ESSENTIALS

- [Blender Bottle Shaker Cup](#) – Whether you're mixing protein, pre-workout, greens, or electrolytes, the BlenderBottle gets it done—no clumps, no mess
- [Insulated Lunchbox](#) – Total game-changer for long travel days, road trips, or when you're out and about without access to decent food. Pack prepped meals, snacks, cold drinks, or even just keep your protein bar from melting in the car.
- [LMNT Electrolytes](#) – High-sodium, no sugar, helps you stay hydrated on flights or after long walks
- [Protein Powder](#) – Mix into oats, coffee, smoothies, or even water for a quick protein boost
- [RX Nut Butter Packets](#) – Clean fats, easy to toss in any bag, great with rice cakes, apples, or oats
- [Collapsible Meal Prep Containers](#) – Space-saving and great for hotel leftovers or grocery store haul



FITNESS MUST-HAVES

- [Resistance Band Set](#) – A full-body workout with zero gym required
- [Jump Rope](#) – High-intensity cardio that packs light
- [Sliders](#) (or just use hotel towels!) – Add core and leg fire to any bodyweight workout



RECOVERY & SLEEP SUPPORT

- [Eye Mask](#) + [Earplugs](#) – Protect your sleep in new environments
- [Nasal Strips](#) – Help you breathe better in unfamiliar hotel rooms; clutch for deeper sleep and less snoring.
- [Magnesium](#) – For deeper sleep, less muscle cramping, and a calmer nervous system
- [Roller Ball](#) – Small but powerful; great for hips, spine, and post-flight recovery



TRAVEL GROCERY BAG

- [Reusable Tote](#) – For that Day 1 grocery run; you'll thank yourself
- [Mini Spice Kit](#) – If you're cooking, season like a champ—even in an Airbnb



THANK YOU

I hope Goals Don't Take Vacations helped you see that it's 100% possible to stay on track—without stress, guilt, or restriction—while still enjoying your trip. Whether it's a quick weekend away or a month-long adventure, your goals don't have to take the backseat. With a little intention, flexibility, and preparation, you can stay consistent and feel your best wherever life takes you.

No Champagne No Gain is about more than just workouts. It's about pushing limits, building resilience, and showing up for yourself—even when it's inconvenient or uncomfortable. It's about making the hard things feel possible, and turning setbacks into fuel.

I've been there—coming back from injuries, starting over, adjusting plans on the fly. Travel used to throw me off completely. Now, it's just another environment to keep showing up in. I hope this guide helped you feel more confident, more capable, and more in control.

Let's keep going.

- Stay connected on [Instagram](#)
- Share your travel wins with me—I want to hear how you're staying strong on the road
- DM me your favorite protein-packed airport snack—I love discovering new finds.
- Tag me on IG if you try any hotel workouts!

We're in this together. And trust me—this is just the beginning. ✨

DISCLAIMER

You should always consult your physician or other healthcare provider before starting an exercise program.

You understand that there is a risk of injury associated with participating and using these exercises.

You hereby assume full responsibility for any and all injuries, losses and damages that you incur while attending, exercising or participating in these exercises and advice in this book. You hereby waive all claims against No Champagne No Gain, its instructors, or partners of individually or otherwise, for any and all injuries, claims or damages that you might incur.

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