

Jun 7th, 2024: Start

A bit before I reached 30 years old, I started wondering why my belly was so big, why my hair was growing white, and why was I always so fatigued and stressed.

I've been a sport person most of my life, having played (european) football, basketball and having a 5-year career as a referee. But even though I started training again in the gym, I felt I was not really going forward with anything.

That's why I started to slowly increase the time I would allocate to my fitness, wellness and health care. They're all extremely intertwined, and you only understand it when you allocate time to them at once.

I started using many online tools to keep track of fatigue, overtraining, training load and other factors.

And now I'm ready to document the journey, because the method I'm using is working.

This is a heavy time-consuming set of activities. Every week now, I spend around:

- 6-7 hours for the actual training
- 1-2 hours for training and meal planning and reviewing
- 1-2 hours on average for medical visits

I also spend around 1 hour a month for wellness (mental therapy and/or beauty treatments)

Of course I now spend around 1-2 hours per week on medical visits because I'm trying to solve a lot of problems all at once. Over time, I expect to reduce medical visits to around 1 hour every month.

Patience is key.

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