

RNTFitness[®]

The Daily Protocol

The simple routines I follow (and recommend)
to stay lean, energised and consistent –
even when life is busy.



AKASH VAGHELA • FOUNDER OF RNT FITNESS

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Trusted by [4,000+ busy professionals](#) to stay in shape without extremes across 30+ countries.



[Akash Vaghela](#)

Here's my own physique journey over the years.

Since 2022, my goal has been to maintain a "sweet spot", effortlessly.

The Philosophy

Why most people feel “off-track” even when they're trying...

Most people don't struggle because they lack effort.

They struggle because staying in shape requires too many decisions, every single day.

What to eat. When to eat. Whether to train. How hard to train. What to do when they're tired, stressed, busy, or travelling.

Eventually, decision fatigue wins.

That's why motivation fades. That's why consistency breaks. And that's why people feel “off track” even when they're trying.

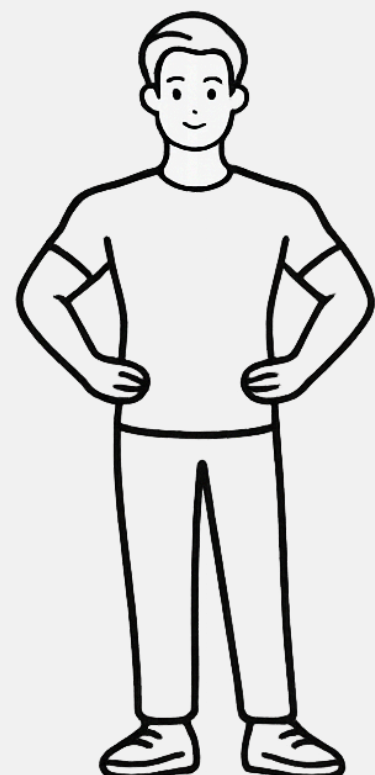
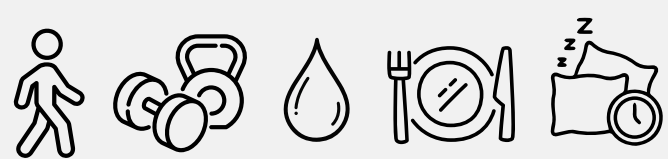
Staying in shape long-term isn't about trying harder. It's about reducing the number of decisions you need to make each day.

This document isn't a diet or a plan. It's my personal operating system I've used for years to help me stay in decent shape whilst juggling fatherhood and multiple businesses.

I've tried everything - these are the systems I've found to actually work in the real world.

Low decision load

Movement · Training · Hydration
Repeated meals · Sleep rhythm



High decision load

Constant choices.
Constant fatigue.



The Four Daily Anchors

This is the structure behind staying in shape year-round. Instead of rules for every situation, I use anchors. Anchors give shape to the day without needing perfection.

Anchor 1: Morning | Set The Tone

The morning isn't about optimisation; it's about making sure you're starting on the front-foot. You don't need to wake up at 5am, you don't need to do ice baths in the morning, and you don't need to meditate.

Principles:



Hydrate before you caffeinate

Delay caffeine for the first 2 hours of the day. This can feel hard at first, but often leads to more stable energy later on. Aim to drink 1 litre of water in the first hour, with a small pinch of sea salt.



Light and movement before screens (where possible)

A 30-minute morning walk outside with light exposure can aid stress relief, productivity, and energy levels throughout the day. Before emails, messages, or calls, prioritise moving your body outside where you can.



The first food decision includes protein

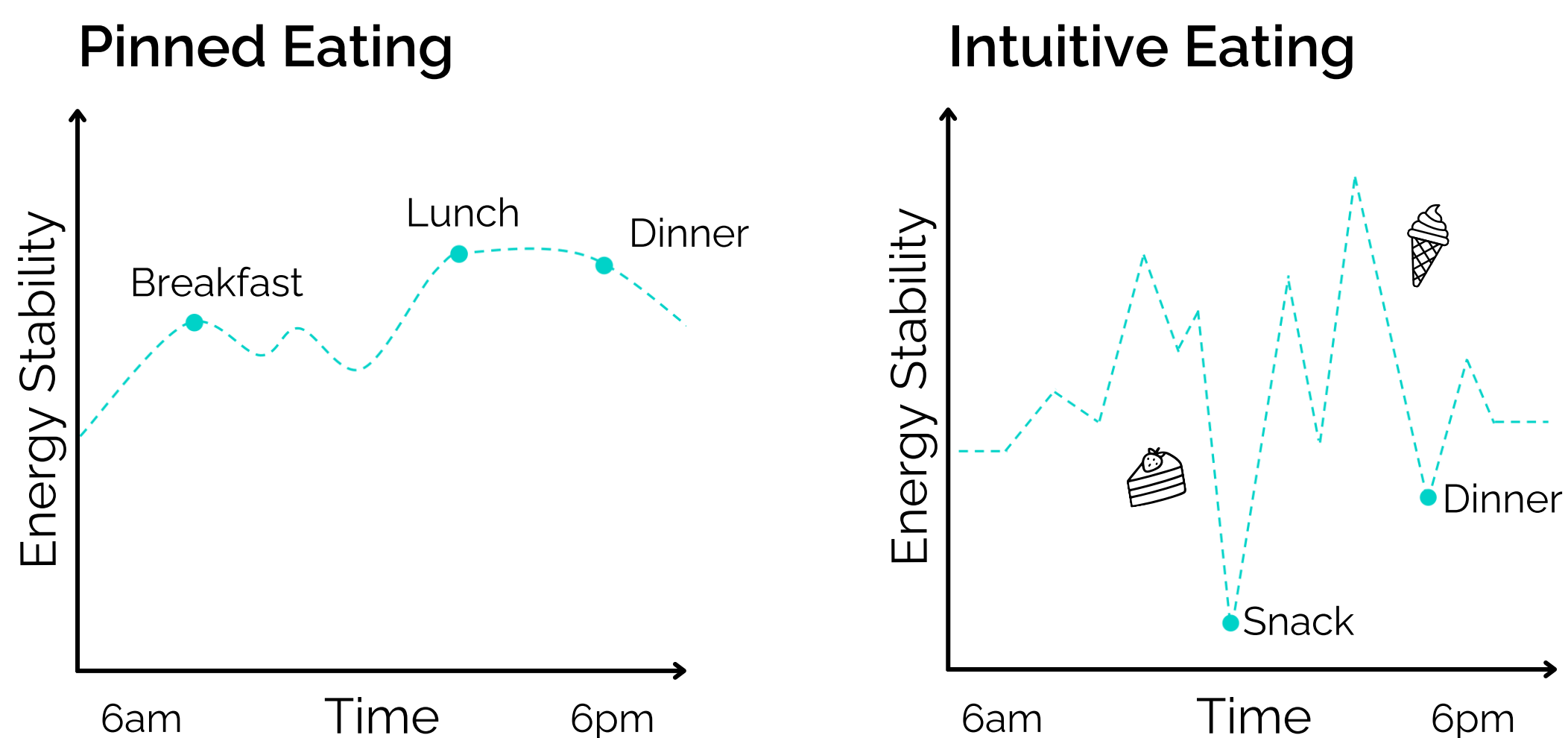
Instead of cereal or toast alone, include a protein source in your first meal to support satiety, hunger control, and recovery.

“ Chaotic mornings with no structure usually lead to a chaotic appetite later. ”

Note: I have two daughters under 3, so my mornings are chaotic in nature. But the principles set me up for a highly productive day where I feel energetic and in control of my health. I can't go for a 30-minute walk with the sunrise but I can control when I pick up my phone, and that's not usually until at least 9am.

Anchor 2: Daytime | Energy & Control

Most poor decisions come from energy crashes and minimal structure, not a lack of discipline. The goal of this anchor is to stabilise your energy and appetite so you can be highly productive through your day.



Principles:



“Pin” your meals at set times

Pick 3-4 set times in the day for your main meals. When you're busy, hunger signals can be unreliable. Take the decision out and eat only at those times.



Walk to regulate stress and blood sugar

Take the edge of your working day by going for structured walking breaks – one of my favourites is a 10 minute walk after each main meal.



Implement a caffeine cut off

Don't keep chasing energy through the day with caffeine. Cap it at 2 caffeinated drinks per day with none consumed after 12pm to aid your sleep.



Every meal with protein

A simple rule to maximise your body composition is to eat 20-40g protein per meal. Split your daily target (1.6-2g/kg) into the number of meals you plan to eat each day.



Train at either peak energy, or when you have a clear schedule

It doesn't need to be long; 30 minutes of resistance or cardiovascular training is all you need. Pick your favourite activity and get after it!



Stable energy removes the need for willpower.

Note: Whether you have flexibility of schedule or work a 9-5 with a commute, these principles apply across the board. In the appendix I share two examples of how this could look in a day.



Anchor 3: Evening | Where Most People Lose Control

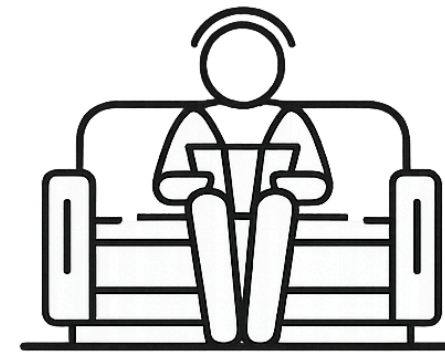
Evenings matter more than mornings.

This is where snacking creeps in, structure disappears, and vices emerge.



Day

Constant Dopamine Hits



Night

Craving Something to Feel Again



Environment beats willpower

Have your dinner pre-planned every night. Don't rely on making good decisions at 6pm - convenience will always win. Throw all snacks out the cupboards. If you have kids and keep snacks for them, put them in a cupboard which isn't easy to reach.



Evenings need a clear "end"

A specific activity which signals it's time to sleep can be a useful cue to avoid finding yourself in an endless doom scroll or Netflix binge. Try one of the following for 5 minutes: journaling, deep breathing, stretching or writing down your key priorities for the next day.



Sleep protects tomorrow's decisions

Set an alarm for a one hour window to fall asleep inside. There's rarely a reason to make this past 11pm.



Most diets don't fail at lunch. They fail at night.

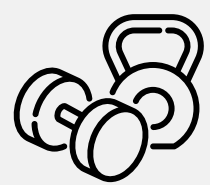
Note: I find evening routines require the most trial and error because there's the most propensity to fail. To begin with, stick to the principles, jot down what works, and only then try something different.



Anchor 4: Weekly Rhythm | Zoom Out

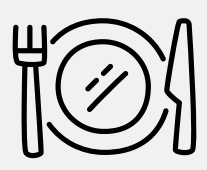
Planning and preparation is the difference between staying in shape and years of yo-yoing.

Principles:



Training frequency beats perfect workouts

Combine 3x strength training sessions (30-45 minutes) with 1-2x cardio days (30 minutes).



Repeatable meals beats novelty and fun recipes

Pick the same meals for 80% of your week. Make sure they taste good, feel good (no brain fog) and digest well.



Plan fitness into your calendar first every Sunday

You'll be surprised how much easier life becomes when you first plot your workouts into your diary. Plot them first and build everything else around it.

In the [Appendix](#), I share real-world examples of how this looks in practice.



What you repeat weekly matters more than what you do occasionally.

Note: A weekly ritual my wife and I have is to plot our workouts together when we're going to cook and what we're going to eat each week. This Sunday allows us to skip decision-making through the week.

Appendix

Disclaimer

There is no one-size-fits-all approach. Results will vary based on factors such as genetics, lifestyle, work and family commitments, training history, and your ability to implement change consistently. These habits and routines are designed to be followed consistently, not perfectly. **Progress is built through consistent execution, not perfection.**

The information provided by RNT Fitness is for educational purposes only and does not replace professional medical advice. If you have concerns regarding your health, energy levels, nutrition, sleep, or training, we recommend consulting a qualified healthcare professional.

1. Real-World Examples

How this looks in practice (adapt, don't copy).

This is one example of how I apply these principles.



Morning

Wake within a consistent window with my kids (6:30-7:00am).

Drink 1 litre of water with a pinch of sea salt.

Breakfast includes a protein source (protein oats are my go-to).

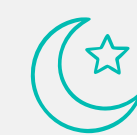


Day Time

Set meal times: 8am, 1pm, 3-4pm, 7pm (no snacking).

Up to one coffee per day (optional).

Train at midday (strength training or running).



Day Time

Final structured meal of the day.

Light wind-down activity to signal the end of the day.

Aim to be asleep within a consistent window.

1. Real-World Examples



A Typical Day: Dad-of-Two (Flexible Schedule) vs Busy Mum (9-5 Job)

Examples will vary depending on role, profession, and family commitments.

Time	Dad-of-Two (Flexible Schedule)	Busy Mom (9-5 job)
5:00 am	-	Wake, Hydrate
5:30am	-	Gym (Mon, Wed, Fri)
6:00 am	Wake, Hydrate Meal 1: Breakfast	
7:00 am		Meal 1: Breakfast
8:00 am		School Run → Commute to Office
9:00 am	Unplugged Walk	Deep Work
10:00 am	Deep Work Block	
11:00 am		
12:00 pm	Meal 2: Lunch & 15 min Walk	Meal 2: Lunch & 15 min Walk
1:00 pm		Work
2:00 pm	Training	Meal 3: Snack & 15min walk
3:00 pm		
3:30 pm	Meal 3: Snack & 15min walk	Work
4:00 pm	Finish Work	
5:00 pm		
5:30pm	Meal 4: Dinner & 30min walk Family Time	Commute Home
6:00 pm		Meal 4: Dinner & 30min walk (outdoors or walking pad)
7:00 pm		Family Time
7:30pm		
8:00 pm	Outstanding Work	Wind Down
9:00 pm	Wind Down, Netflix	Sleep
10:00 pm	Sleep	

Note: On weekends, grocery shopping, meal planning, and meal prep are done to reduce decisions during the working week.

2. When You've Had a Bad Night's Sleep

If you've got young kids or you're working late, your sleep may not always be the best. Here are a few principles I like to follow when I've had a bad night's sleep:

1

Get outside early

Try and get out for a morning walk the very next day. Staying inside after you've slept poorly is a great recipe for feeling even more tired.

2

Delay caffeine

As tempting as it is to start your day with coffee, resist the urge, focus on hydration, and stick to the principle of no caffeine for the first two hours.

3

Train, but adjust

Exercise as you have planned but reduce intensity when necessary. Sometimes you might surprise yourself with a great session, other times you will need to back off accordingly.

4

Nap briefly

If you can fit in a 15-20 minute nap in the early afternoon, that may help. Try and avoid anything longer to avoid impacting your sleep.



Struggling with sleep regularly? Watch this:

[6 Proven Ways To Sleep Better With A Busy Schedule](#)

3. What To Do When Work Is Crazy

If you're a high-level professional chances are your work is the biggest part of your day and life. As a result there are going to be periods where the intensity will force you to rearrange your schedule. Here's what I like to recommend when work is crazy:

1

Keep training simple

Strip back training to what's absolutely essential: three strength training sessions and one cardio session per week. Keep them at a maximum of 30 minutes each.

2

Plan food in advance

Pre-plan my meals every single day. Implement batch cooking, prioritise my sleep window.

3

Make steps easier

Invest in a walk pad to make achieving 8,000-10,000 steps a lot more manageable



Busy doesn't mean you can't make progress.

Learn how to apply the 80/20 rule to focus on what truly matters for body transformation success.

[What To Prioritise When Life Gets Busy.](#)

Why Principles Alone Aren't Enough

Understanding the protocol and executing it consistently are different skills. Principles help you see the problem. Execution requires temporary simplicity.

When I feel:



Scattered



Bloated



Inconsistent



Low energy

I don't add flexibility. I simplify everything for a short window with a specific **7-Day Reset Protocol**.



To learn more about how this works please go to:

[The 7-Day Fat Loss Accelerator](#)

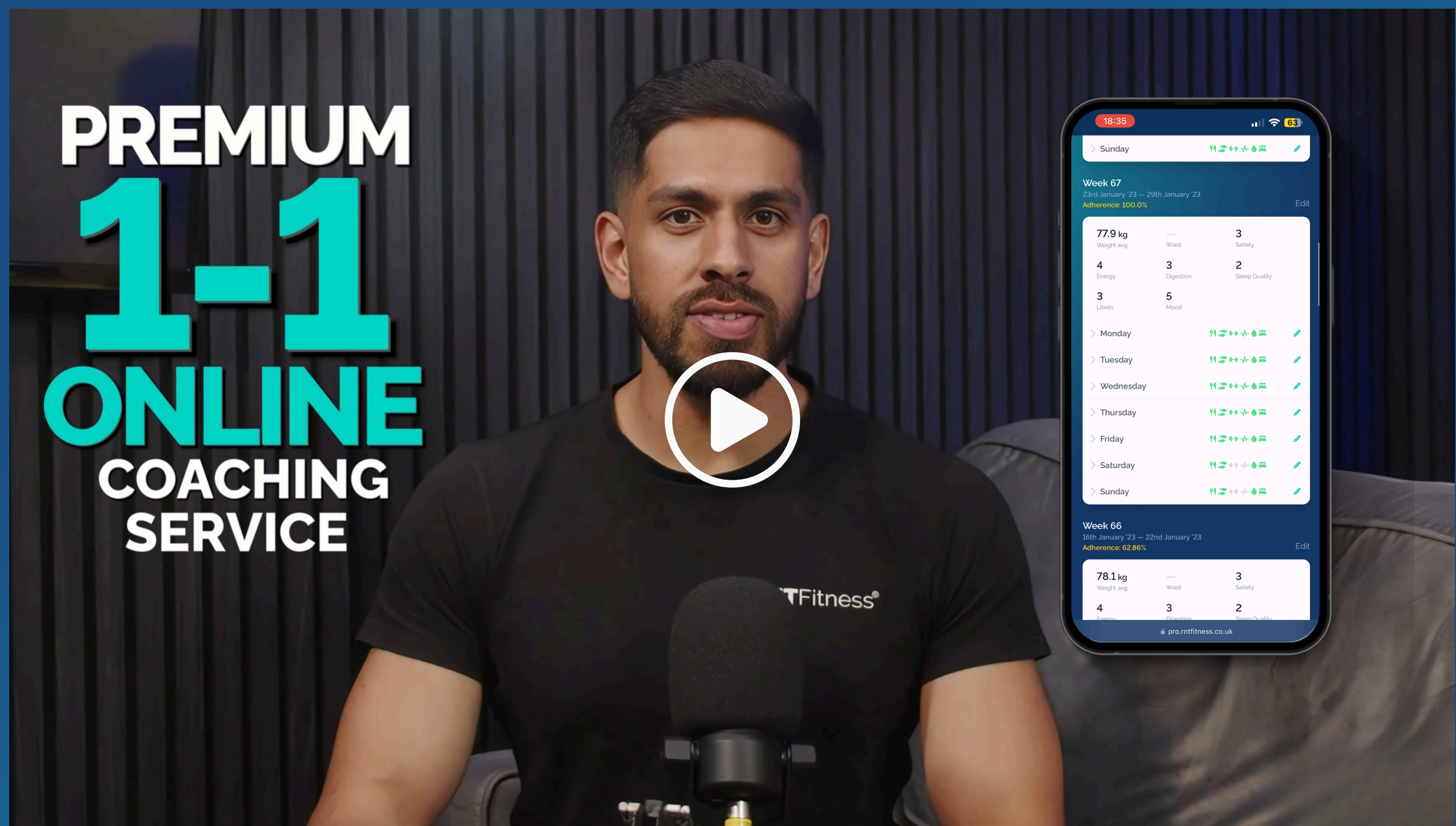
7 days to feel lighter, more energetic, and back in control. It's perfect when you need to get back on track right away before installing the principles to keep you that way.



Learn more about

RNT Pro: The Complete Transformation System

If you are ready for the next level of results and you want your nutrition, training, lifestyle, and habits fully customised for you, your lifestyle, and your goals, then take a look at our flagship programme RNT Pro.



To learn more about RNT Pro watch please visit this page:
[How Exactly Does RNT Work?](#)

Success Stories

These principles have been the foundation of thousands of success stories with RNT Fitness, the company I founded in 2017.



Agostina, 60s, ↓ 12lbs
Transformed her health and strength. Proving it's never too late.



Jay, 30s, ↓ 81lbs
From food as an escape to fitness as a lifeline.



Alka, 40s, ↓ 132lbs
Lost over half of her body weight despite an underactive thyroid!



Pandian, 40s, ↓ 44lbs
From a fatty liver and insomnia to thriving health.



Kalyani, 40s, ↓ 66lbs
From unable to climb stairs to confident and energetic.



Mark, 50s, ↓ 77lbs
From zero energy to super-hero physique.



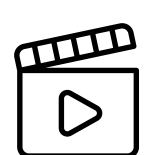
Anne, 60s, ↓ 46lbs
From exhausted on medication to "I've won the lottery of good health."



Nikhil, 30s, ↓ 66lbs
From self-conscious to soaring confidence.



Stela, 30s, ↓ 39lbs
From stress-eating corporate worker to high-flying business owner.



[\[Documentary\] Transforming Your Life On The RNT Journey](#)

Watch this to discover the power of the RNT Transformation Journey.

About [Akash Vaghela](#)

Akash Vaghela is the founder of RNT Fitness, a global coaching company known for delivering transformations that last.

Akash's journey into fitness began at 17, when training helped him overcome low confidence and reshape his relationship with himself. What started as a personal transformation quickly became a passion for understanding how physical training could build focus, discipline, and control far beyond the body.

After studying Sports and Exercise Science and spending 5 years as a personal trainer in the City of London, Akash founded RNT Fitness in 2017. Initially focused on physical results, RNT quickly evolved after it became clear that body transformation was creating far wider changes in clients' lives — from confidence and mental health to careers and relationships.

This became the foundation of RNT: Using the physical as the vehicle to transform your life.

He's the author of Amazon best-selling book [Transform Your Body, Transform Your Life](#), creator of the RNT 5 Phase Method, and RNT has coached [4,000+ transformations](#) across 30+ countries.

His work has been featured in BBC, Men's Health, T-Nation, and PTDC, and he continues to share practical coaching insights through articles, podcasts, and seminars worldwide.



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