## The 8-Week BLISS<sup>™</sup> Body Makeover Program

## **Training and Nutrition TRACKING SHEET**

**"Do I really have to write it down?"** Yes! If you don't, you won't know where you're messing up in your eating, *plus* you're more likely to eat *unconsciously*. It's been proven time and time again that if you write it down, your success rate in controlling your eating soars to 80%. Trust me on this one!

Don't worry if some of these don't look familiar to you yet. We'll be touching on all of these aspects as we move through the 8-Week BLISS Program. Print off as many sheets as you need. Post them to your fridge for a reminder of what eating – and living - *with bliss* is all about!

## Check off ✓ (yes) × (no)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PROTEIN	My breakfast had app 20 grams of protein.							
	l ate 60-80 grams of protein today.							
	l spread my protein out over 3-5 meals							
	Most of my protein was animal sources.	-						
CARBS	l ate at least 3 helpings of 'live' carbs today – fruits and veggies							
	l did not eat any 'fast foods' today.						—	
	l didn't eat 'man-made' carbs after 4 pm							
HEALTHY	I read my labels and I did not indulge in trans fats today (modified, hydrogenated)							
FATS	l ate 1-2 TBSP Omega 3 oil (fish, flax or hemp) or 2000 mg supplement form.							
	I used healthy fats (olive oil, avocado etc)							
MY	According to my calculations, my daily caloric intake should be app:							
CALORIES	I stuck to this (within 100-200 calories).							
	I am writing down my foods in my Journal							

Week: \_

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WATER	I drank 1-2 litres of plain <i>water</i> today.							
Juice/Pop	l did not indulge in juice today.							
	l did not indulge in pop/soda today.							
HUNGER SCALE	Because I'm trying to lose weight, when going to bed, I stayed between 4 and 5 on the Bailey Hunger Scale.							
	Because I'm trying to maintain my weight, I went to bed at 6 on the BHS.							
SNACKS	I chose healthy snacks (veggies, no man- made products).							
	l did not eat after 6:30 pm at night!							
SLEEP	l went to bed before 10:30. I got a full 8 hours of sleep							
MEALS	l ate at least 3 meals today. I ate 2 small snacks (if needed)			_	E		-	
	I paid attention to my portion sizes.							
	I did not eat after 7:00 pm at night!							
TRAINING	I completed my workout today							
(if not a training or cardio day, mark N/A)	I worked to intensity on every set today.							
	I put some Zen into my training.							
-	I envisioned my body changing shape!							
FOCUS Cards	l read my new, empowering Goals and Beliefs this am and pm today!							
Self- Care!	I am loving myself into health today!							