| HLP | Tracl | king | Sheet |
|-----|-------|------|-------|
|-----|-------|------|-------|

| Week: _ |  |  |  |
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|---------|--|--|--|

## **NUTRITION and TRAINING 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!

Print off as many sheets as you need. Write it down! It'll keep you motivated, conscious, accountable and on track!

Check off ✓ (yes) × (no)

|          |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday   |
|----------|--|--------|---------|-----------|----------|--------|----------|----------|
| PROTEIN  | My breakfast had 15-20 grams of protein.                         |        |         |           |          |        |          |          |
|          | I ate 60-100 grams of protein today.                             |        |         |           |          |        |          |          |
|          | I spread my protein out over 3-5 meals                           |        |         |           |          |        |          |          |
|          | Most of my protein was animal sources.                           |        |         |           |          |        |          |          |
| CADDO    | I ate some 'live' (raw) carbs today.                             | 7      |         |           |          |        |          | <u> </u> |
| CARBS    | I did not eat any 'refined' carbs today                          |        |         |           |          |        |          |          |
|          | I didn't eat 'man-made' carbs after 3 pm                         |        |         |           |          |        |          |          |
| MEALS    | I ate at least 3 meals today.                                    |        |         |           |          |        |          |          |
|          | I ate 2 small snacks (if needed)                                 |        |         |           |          |        |          |          |
|          | I paid attention to my portion sizes.                            |        |         |           |          |        |          |          |
|          | I did not eat after 6:30 pm at night!                            |        |         |           |          |        |          |          |
| CALORIES | According to my calculations, my daily caloric intake should be: |        |         |           |          |        |          |          |
|          | I stuck to this (within 100-200 calories).                       |        |         |           |          |        |          |          |
|          |  |        |         |           |          |        |          |          |

|                          |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday      |
|--------------------------|--|--------|---------|-----------|----------|--------|----------|-------------|
| WATER                    | I drank 1-2 litres of plain water today.   |        |         |           |          |        |          |             |
| Juice/Pop                | I did not indulge in juice today.  |        |         |           |          |        |          |             |
|                          | I did not indulge in pop/soda today.   |        |         |           |          |        |          | <del></del> |
| HUNGER<br>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-<br>made products).  |        |         |           |          |        |          |             |
|                          | I did not eat after 6:30 pm at night!  |        |         |           |          |        |          |             |
| SLEEP                    | I went to bed before 10:30.  |        |         |           |          |        |          |             |
|                          | I got a full 8 hours of sleep  |        |         |           |          |        | 7        |             |
| HEALTHY                  | I read my labels and I did not indulge in trans fats today (modified, hydrogenated)                        |        |         |           | 1        |        |          |             |
| FATS                     | I ate at least 1 TBSP Omega 3 oil (fish, flax or hemp) or 2000 mg supplement form.                         |        |         |           |          |        |          |             |
|                          | I used healthy fats (olive oil, avocado etc)   |        |         |           |          |        |          |             |
| TRAINING                 | I completed the required workout today   |        |         |           |          |        |          |             |
| (if not a training or    | I completed all required cardio today.   |        |         |           |          |        |          |             |
| cardio day,<br>mark N/A) | I worked to intensity on every set!  |        |         |           |          |        |          |             |
| mark norty               | I completed 4-6 sets of abs/core today.  |        |         |           |          |        |          |             |
|                          | I'm loving the process!  |        |         |           |          |        |          |             |
|                          | I'm focusing on my monthly goal(s)!  |        |         |           |          |        |          |             |
|                          | MY WEIGHT is BODY FAT is   |        |         |           |          |        |          |             |