Trackin	g	Your	Prog	ress

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 weekly sheets as you need (we recommend at least 10, for a total of 10 weeks worth of recorded eating). After that, journal your food whenever you feel you've fallen off the healthy eating bandwagon. It'll get you back on track!

Check off ✓ (yes) × (no)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PROTEIN	My breakfast had 15-20 grams of protein.							
	I ate 60-80 grams of protein today.							
	I spread my protein out over 3-5 meals							
	Most of my protein was animal sources.							
CARBS	I ate some 'live' (raw) carbs today.							
CARDS	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.							
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 manmade 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							
HEALTHY	I read my labels and I did not indulge in trans fats today (modified, hydrogenated)							
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, mark N/A)	I worked to intensity on every set!							
,	I completed 6 sets of abs/core today.							
	I'm loving the process!							
	I am focusing on my end goals every day!							
	MY WEIGHT IS							