

Tracking Your Progress

Week: _____



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)

[illegible]

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WATER	I drank 1-2 litres of plain <i>water</i> 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 man-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	_____	_____	_____	_____	_____	_____	_____
HEALTHY FATS	I read my labels and I did not indulge in trans fats today (<i>modified, hydrogenated</i>)	_____	_____	_____	_____	_____	_____	_____
	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 (if not a training or cardio day, mark N/A)	I completed the required workout today	_____	_____	_____	_____	_____	_____	_____
	I completed all required cardio today.	_____	_____	_____	_____	_____	_____	_____
	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....							_____