

Advanced BSC: Tracking Your Progress - NUTRITION & TRAINING SHEET

Check off ✓ (yes) ✗ (no)

Eating a FLEX meal this week?



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FIRST A.M.	I read my 5 POWER WORDS this am. I read my FOCUS CARDS this am. I am envisioning my fit, lean, healthy, and sexy body as it continues to take shape.	_____	_____	_____	_____	_____	_____	_____
WEIGHT	I'm keeping an eye on my wgt / bodyfat %.	_____	_____	_____	_____	_____	_____	_____
MACROS PROTEIN	I ate between 80 and 130 gms protein today..	_____	_____	_____	_____	_____	_____	_____
	I ate 20-30 grams of protein for breakfast.	_____	_____	_____	_____	_____	_____	_____
FATS	I ate healthy fats today (fish, flax, hemp).	_____	_____	_____	_____	_____	_____	_____
CARBS	I ate 2-3 helpings of 'live' carbs today. I did not eat any 'fast' or refined carbs. I use carb cycling to manage my weight.	_____	_____	_____	_____	_____	_____	_____
MEALS / CALORIES	I ate 3-5 times and I didn't eat after 7 pm. I used my tools: cups, food scale, macro and calorie counter to keep me on track. I am staying aware and in control of portions!	_____	_____	_____	_____	_____	_____	_____
CALORIES	My daily caloric intake is approximately _____ calories and I stuck to this!	_____	_____	_____	_____	_____	_____	_____
DRINK	I drank my water today, at least 2 litres! I didn't indulge in juice, pop, designer coffee.	_____	_____	_____	_____	_____	_____	_____
I'M CLEAN!	I'm CLEAN Eating and I can <i>feel</i> and see the difference, inside and out!	_____	_____	_____	_____	_____	_____	_____

MY TRAINING	<p>I did my workout today and I'm LOVIN' IT!</p> <p>I wrote everything down in my journal.</p> <p>I trained hard, I focused in, I made every set a work of art!</p> <p>I am a shining example of etiquette and class in the gym!</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
MY ZEN	<p>When I enter the gym, I silently gave thanks for being able to train.</p> <p>I became one with the muscle and I zoned in to every rep. I am visualizing my success!</p> <p>I could 'see' and feel the changes occurring in my body, mind and spirit on a cellular level.</p> <p>I am a Warrior, an Empowered Woman! I am on The PATH.</p> <p>I am co-creating <i>my</i> world!</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
MY CARDIO	<p>I did all my cardio. I can feel my metabolism revving up and the fat fall off my body!</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>
MY INSPIRATION!	<p>I read some inspirational stuff today that helps me stay motivated and inspires me to stay on The Path!</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>	<p>_____</p>
BEFORE BED...	<p>I read my FOCUS CARDS aloud.</p> <p>I read my 5 POWER WORDS aloud.</p> <p>I let these sink deep into my subconscious mind and I know they are being put into motion as I sleep. I will awaken tomorrow, even <i>greater</i> than I am today!</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>
SLEEP	<p>I went to bed before 10:30 pm.</p> <p>I am proud of my efforts today, and if I slipped up, I will start fresh tomorrow. I am deserving of this, and more!</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>