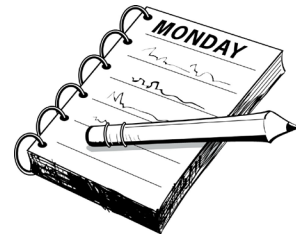


Nutrition Log

| Date: _____ | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-------------|---------------|-----|------|-----|-------|-----|-----|
| | Food | | PFC | | | | |
| Meal 1 | Food & Amount | | P | F | C | | |
| Time: _____ | | | | | | | |
| Meal 2 | | | | | | | |
| Time: _____ | | | | | | | |
| Meal 3 | | | | | | | |
| Time: _____ | | | | | | | |
| Meal 4 | | | | | | | |
| Time: _____ | | | | | | | |
| Meal 5 | | | | | | | |
| Time: _____ | | | | | | | |
| Meal 6 | | | | | | | |
| Time: _____ | | | | | | | |



Checklist

Achieved:

- ✓ Consume meal or snack every 3 hours
- ✓ Water every 3 hours
- ✓ Sleep optimal hours
- ✓ Intake multivitamin
- ✓ Weights and cardio
- ✓ Consume PFCs every meal or snack
- ✓ Low glycemic food
- ✓ PFC ratio balance
- ✓ Planned meals
- ✓ Add nutrition variety
- ✓ Moderation when social eating

Avoided:

- ✓ Sugars
- ✓ White flour
- ✓ Processed foods