

# TRAINING DIARY AND NUTRITION LOG

## "Success is constancy of Purpose"

By John Lark

#### Training Diary and Nutrition Log<sup>©</sup> John Lark 2008

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## WELCOME!

What you are holding now is one of the most powerful tools for getting you closer to the results you are looking for.

With this Training Diary and Nutritional Log you will be able to monitor and record over a set period of time, what foods and training protocols work for YOU! This will be an invaluable tool in the long run.

How to get the most out of your Training Diary and Nutritional Log:

- The more detail you provide, the more use it will serve you record everything and try not to skimp on the details! If you eat it, right it down. If you drink it right it down. One of the most successful behavioural steps you can make is to take responsibility for your actions. This will help you all the way.
- 2) YOU MUST BRING THIS WITH YOU TO ALL ASSESSMENTS that way we can monitor, tailor and adjust your routines and habits to fit your lifestyle. But first we need to know what habits you have in the first place!
- 3) Let it motivate you and inspire you to step out of your comfort zone. If you are inactive this will show to you and inspire you to do more. If you are hap-hazard with your nutrition then this will show to YOU where you falling down. Above all else this will 'shed the light rather than pick holes in your lifestlye. Once you are apparent of short-comings then change is much easier!!
- 4) Bring it with you to training and write down any weights and personal bests you may have set during your training session. Success leaves clues. If can do for every athlete on this planet then it can certainly work for you! A 30 seconds recording session at the end will do wonders for your head and also inspire you in seeing progress.

#### THE ULTIMATE RUGBY FITNESS MANUAL

So there you have it. I recommend filling it out after each training session maybe during your time chugging down your post-workout shake. Alternatively, try and fill it out at night.

Better still, fill it out as you go. Sometimes memory recall is not all that accurate!

I hope this serves you well if you have any improvements you would like to see then feel free to let us know

Yours in health

John



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# WHAT ARE YOUR GOALS

Without a vision you will struggle. Without writing your vision down you will find it nearly impossible to maintain momentum as your train and work at implementing your nutrition plan.

Please perform the following exercises and feel free to use additional room!:

Write down in the space provided where you see yourself in 5 years, 1 year, 6 months and 12 weeks time:

5 Years

1Year

6 Months

12 Weeks

What do you want to achieve within your 12 week time frame? Please be as specific as possible

Now write down when you want to achieve this by (please provide a day, date and time)

Now list all the behaviours that you think are preventing you from getting you there (limiting behviours):

Now list all the behaviours that you need to implement for you to get you there:

## **RECOVERY AND REGENERATION**

With our 'uber' paced lifestyles compounded with a chronic expsore to stress it is crucial that you aim to maintain a good balance between working hard and resting hard.

Training is another form of stress. Like sunlight it is a good stress. But too much may do more harm than good. That is why it is important to perform Recovery and Regeneration session.

Ideally the optimum amount of rest and regeneration is 1:1. So for every training session you perform you should perform a 'R and R' session to maximise its effects.

Remember this – you get fit when you recover. If you are always recovering then it is unlikely you will get the most from your training sessions.

Choose from one of the following to constitute a R and R session:

#### 1. Take a Walk

A brisk 30-40 minute walk will work wonders to raise your core temperature and bring about blood flow to the areas that you worked hard during your training session

## 2. Epsom Salts Bath

This is best performed at night before you go to bed. Drop 1-2 cups of Epsom Salts in a hot bath and relax. Get ready to slip into a deep sleep!

## 3. Massage

Sphere Fitness do provide qualified massage therapists for you to use at a discounted rate. Enquire within. This is one of the most powerful rest and recovery tools you can utilise. It will improve blood circulation, lymphatic circulation (your waste fluids), removing muscle adhesions and knots, relief from fatigue and remove excessive swelling.

## 4. Yoga

Athletes and the casual city dweller often suffer from oxygen debt due to the poor air quality and the intensity of training. To overcome this deep breathing techniques held common in Yoga are beneficial as are

## 5. Stretching Programme

Stretching is best performed after you have trained when the muscles are warm and ready to be stretched. Better still they should be performed on alternative days to your training. Ask your trainer which stretches are best for you.

## 6. Pool Recovery

Using the pool wil enhance your recovery immensely. Ask your trainer for a particular session that you can perform in the pool.

## 7. Sauna

To sweat is to detoxify! Yet saunas and steam baths affect the nervous system and endocrine systems. Lie in one for 8-10 minutes and you will relax muscles and improve local blood circulation.

## 8. Hot and Cold

In combination with a sauna, an athlete can also use a plunge pool or regular pool that is filled with water at room temperature. Russian researchers studied the benefits of alternating hot and cold environments on the human body and found that with the correct alternation there was a raised level of recovery taking place in athletes who used this method. A commonly used protocol is 3 min in the spa/sauna followed by 1 min in the plunge pool.

An alternative to saunas and plunge pools is the regular shower, where good results can be achieved if the athlete alternates hot and cold bursts of water. The best ratio of hot to cold is 60 sec of hot water followed by 30-60sec of cold water as cold as you can stand – (Richards, 2009)

## 9. Compression Garments

Skeletal muscle damage results in considerable loss of muscle performance and the ability to perform exercise. It is possible that compression garments could enhance muscle recovery from exercise induced muscle damage and stress through optimisation of blood flow/reduction of blood pooling and prevention of oedema (Trenell, 2004, Richards, 2009)

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		010 40	U HAVE FO		( /84 - 11							
Food			Fluids		Supplements/Medic							
	WHAT	0Y 616	U HAVE FO	R SNACK								
Food			Fluids		ements/Medio	cation						
	WHAT 616 YOU HAVE FOR DINNER											
Food	d		Fluids	Supple	ements/Media	cation						

FOOD DIARY TEMPLATE AND MONITORING INFORMATION									
WHAT 616 YOU HAVE FOR SNACK									
Food	Food Flu				Supplements/Me	dication			
	RE YOUR 825 T03/		H		RE YOUR ENE ELS TODAY?	RGY			
Circ	Circle One Face			Circle One Face					
			•- -			•••			
Hydration Score		AM = PH Level			PM = PH Level				
Comments:									

		GYM SESSIONS							
EXER	3213	SETS	REPS	TEMPO	REST	OTHER INFO			
1A									
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Performan	ce Rating			Actual E	nergy				

# 

rwwo u	IAKY			MORIOR	-					
		Answe	r each ques	stion with a "Y"	or a "N					
Bed-time last night	Did you sleep wo		11?	Rising ? time in the morning		Did you wake refreshed?				
	WH	616 TA	YOU HA	VE FOR BRA	EAKFA	ST				
Fo	od		Flu	ids	Suppl	ements/Medio	cation			
		WHAT 9		HAVE FOR S						
Fo	Dd		Flu	ids	Suppl	ements/Medio	cation			
		6 TAHW	19 XOU	HAVE FOR I	LUNCH					
Fo	od		Fluids			ements/Medio	cation			
						·				
For		WNAL U		HAVE FOR S ids		ements/Medio	action			
100	Ju			11113	Suhhi					
	WHAT JIJ YOU HAVE FOR DINNER									
Fo	Food		Flu	Fluids		Supplements/Medication				

FOOD DIARY TEMPLATE AND MONITORING INFORMATION									
WHAT DID YOU HAVE FOR SNACK									
Food	Food Flui				Supplements/Me	edication			
223772 RUOY 373W WOH ?YA607 213V31			H		RE YOUR ENE /ELS TOJAY?	RGY			
Circl	e One F	ace	Circle One Face						
Hydration Score		AM = PH Level			PM = PH Level				
Comments:									

		GYM SESSIONS							
EXERCISE		SETS	REPS	TEMPO	REST	OTHER INFO			
1A									
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Weight	1	2	3	4	5	6			
Sequence	7	8	9	10	11	12			
Performan	ce Rating			Actual E	inergy				

## TAAS NIARY SCHRIASC ANS MANISARING INFARMASIAN

LANG DIVI	RY IEMPLAIE	VN9 WONILOR	RING INFORMATION		
	Answer eac	h question with a "	(" or a "N"		
Bed-time last night	Did you sleep well?	Rising time in the morning	Did you wake refreshed?		
	104 616 TAHW	U HAVE FOR BE	REAKFAST		
Food		Fluids	Supplements/Medication		
Food	1 616 TAHW	OU HAVE FOR Fluids	SNACK Supplements/Medication		
1000		T luius			
	1 616 TAHW	OU HAVE FOR	LUNCH		
Food		Fluids	Supplements/Medication		
	1 616 TAHW	OU HAVE FOR	SNACK		
Food		Fluids	Supplements/Medication		
	A 219 LVHM	OU HAVE FOR	D I N N E R		
Food		Fluids	Supplements/Medication		

FOOD DIARY TEMPLATE AND MONITORING INFORMATION									
WHAT DID YOU HAVE FOR SNACK									
Food	Food Flui				Supplements/M	edication			
HOW WE		CTPSCC			RE YOUR ENE	PGV			
HOW WERE YOUR STRESS LEVELS TODAY?					ELS 1004 194	, N U I			
Circl	e One F	ace	Circle One Face						
Hydration Score		AM = PH Level			PM = PH Level				
Comments:									

			GYM SESSIONS							
E	XER	3213	SETS	REPS	TEMPO	REST	OTHER INFO			
1A										
Weig	ht	1	2	3	4	5	6			
Sequ	ence	7	8	9	10	11	12			
Weig		1	2	3	4	5	6			
Sequ	ence	7	8	9	10	11	12			
Weig		1	2	3	4	5	6			
Sequ	ence	7	8	9	10	11	12			
Weig		1	2	3	4	5	6			
Sequ	ence	7	8	9	10	11	12			
Weig	ht	1	2	3	4	5	6			
Sequ	ence	7	8	9	10	11	12			
Perfo	ormand	e Rating			Actual	Energy				

# FAAL SIARY SOME/ASO ANT MANISARINA INFARMASIAN

FOOD DIARY TEMPLATE AND MORITORING INFORMATION Answer each question with a "Y" or a "N"							
					or a "N		
Bed-time last night				Rising time in the morning		Did you wake refreshed?	
0Y 616 TAHW			AH UQY 6	VE FOR BR	EAKFA	51	
Food				ıids		ements/Medio	ation
						,	
		wu a t		HAVE FOR S			
Foo				nave rok s Iids		ements/Medic	ation
FU	Ju		ГЦ	1105	Suhhi	ements/weut	alivii
		WHAT		HAVE FOR I	i i n <i>e</i> h		
Foo					Supplements/Medication		
100	<u>Ju</u>		Fluids		Supprements/medication		
		WHAT	919 AUR	HAVE FOR S	SNACK		
Foo				lids		ements/Medio	ation
		NHAT	10 YOU	HAVE FOR D	INNER		
Foo				lids		ements/Medic	ation
100						in the first of the date	

FOOD DIARY TEMPLATE AND MONITORING INFORMATION								
WHAT JIJ YOU HAVE FOR SNACK								
Food	Food Flu				Supplements/Me	edication		
HQW WQH 8V31	E YOUR		H		RE YOUR ENE /E/s today?	RGY		
Circl	e One F	ace	Circle One Face			;		
Hydration Score		AM = PH Level			PM = PH Level			
Comments:								

			G	YM SESSIO	) N S	
EXER	3213	SETS	REPS	TEMPO	REST	OTHER INFO
1A						
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Performan	ce Rating			Actual E	nergy	

## TAAS NIARY SCHRIASC ANS MANISARING INFARMASIAN

FUND DIART ICMPLAIC AND MUNITURINU INFORMATION								
		ch question with a "Y"						
Bed-time last night	Did youRisingsleep well?time in the		Did you wake					
		morning	refreshed?					
WH	EAKFAST							
Food		Fluids	Supplements/Medication					
	CIG TAHW	YOU HAVE FOR	SNACK					
Food		Fluids	Supplements/Medication					
	OLO LVHM	YOU HAVE FOR	LUNCH					
Food		Fluids	Supplements/Medication					
	CIG TAHW	YOU HAVE FOR						
Food		Fluids	Supplements/Medication					
	AHAL 919	YOU HAVE FOR D						
Food		Fluids	Supplements/Medication					

FOOD DIARY TEMPLATE AND MONITORING INFORMATION								
WHAT DID YOU HAVE FOR SNACK								
Food	Food Flu			iids Supplei		edication		
HOW WER Leve	88 YOUR 860T 223		H		RE YOUR EN8 1825 TQJAY?	RGY		
Circl	e One F	ace	Circle One Face			9		
Hydration Score		AM = PH Level			PM = PH Level			
Comments:								

			G	YM SESSI		
EXER	3213	SETS	REPS	TEMPO	REST	OTHER INFO
1A						
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Performan	ce Rating			Actual E	nergy	

## TAAS NIARY SCHRIASC ANS MANISARING INFARMASIAN

FUND DIART ICMPLAIC AND MUNITURINU INFORMATION								
		ch question with a "Y"						
Bed-time last night	Did youRisingsleep well?time in the		Did you wake					
		morning	refreshed?					
WH	EAKFAST							
Food		Fluids	Supplements/Medication					
	CIG TAHW	YOU HAVE FOR	SNACK					
Food		Fluids	Supplements/Medication					
	OLO LVHM	YOU HAVE FOR	LUNCH					
Food		Fluids	Supplements/Medication					
	CIG TAHW	YOU HAVE FOR						
Food		Fluids	Supplements/Medication					
	AHAL 919	YOU HAVE FOR D						
Food		Fluids	Supplements/Medication					

FOO9 DIA	RY TEM	бил зтлуч	MON	ITORI	NG INFORMAT	ION		
WHAT JIJ YOU HAVE FOR SNACK								
Food		Flu	ıids		Supplements/Medication			
HOW WER LEVE	E YOUR 25 T07/		H		RE YOUR ENE /ELS TOJAY?	RGY		
Circle	e One F	ace	Circle One Face					
			•-			•-		
Hydration Score		AM = PH Level			PM = PH Level			
Comments:								

			G	YM SESSI		
EXER	3213	SETS	REPS	TEMPO	REST	OTHER INFO
1A						
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Performan	ce Rating			Actual E	nergy	

Answer each question with a "Y" or a "N"								
				"Y" or a "N"				
Bed-time last night	Did yo sleep		Rising time in tl morning	ıe	Did you wake refreshed?			
	MHVI 91	10 YOU	HAVE FOR B	REAKFAS	2. 2. 2.			
Food	d		Fluids	Supple	ements/Media	cation		
	WHAT	01 616	U HAVE FO	R SNACK				
Food			Fluids	Supple	ements/Media	cation		
	144.5.5 <b>A</b> 477							
		AID YOU HAVE FOR LUNCH			( /84 - 11			
Food			Fluids	Supple	Supplements/Medica			
	WHAT	0Y 616	U HAVE FO	R SNACK				
Food			Fluids		ements/Medio	cation		
	WHAT	919 101	HAVE FOR	R DINNER				
Food	d		Fluids	Supple	ements/Media	cation		

FOOD DIARY TEMPLATE AND MONITORING INFORMATION									
WHAT 616 YOU HAVE FOR SNACK									
Foo	d	Flu	Supp	Supplements/Medication					
	HOW WERE YOUR STRESS HOW WERE YOUR ENERGY LEVELS TODAY? LEVELS TODAY?								
Circle One Face			Circle One Face						
Unc	Ie Une I	-ace		ircle (	<i><b>)ne Face</b></i>	1			
					<u>) ( : : : : : : : : : : : : : : : : : : </u>				
Hydration Score		$\frown$	$\bigcap$		$\overline{)}$	••••			
Hydration		••••••••••••••••••••••••••••••••••••••	$\bigcap$		••••••••••••••••••••••••••••••••••••••				
Hydration Score		••••••••••••••••••••••••••••••••••••••	$\bigcap$		••••••••••••••••••••••••••••••••••••••				

			G	YM SESSI	O N S	
EXER	3213	SETS	REPS	TEMPO	REST	OTHER INFO
1A						
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Performan	ce Rating			Actual I	Energy	

FWWO DI					-	OKWAIIO	S.				
	Answer each question with a "Y" or a "N"										
Bed-time last night	Did you sleep well?			Rising time in the morning		Did you wake refreshed?					
	WHAT A		HAV	E FOR BRE	A K F A C						
Foo			Flu			ements/Medic	otion				
100			IIU	105	Supple	ements/weurc	מנוטוו				
	WHAT	A 616		AVE FOR SI	NACK						
Foo			Flu		1	ements/Medic	ation				
		919 Y	OU HAVE FOR LUNCH								
Foo	d		Flu	Fluids Supplements/Me			ation				
	WHAT	A 616	ou h	AVE FOR SI	NACK						
Foo			Flu		1	ements/Medic	ation				
		919 A		VE FOR DI	1						
Foo	bd		Flui	ids	Supplements/Medi		ation				
					L						

FOOD DIARY TEMPLATE AND MONITORING INFORMATION									
WHAT DID YOU HAVE FOR SNACK									
Foo	d	Flu	Fluids Supplements/Medica						
HOW WERE YOUR STRESS HOW WERE YOUR ENERGY LEVELS TODAY? LEVELS TODAY?									
Circ	Circle One Face			<b>Circle One Face</b>					
$(\cdot, \cdot) (\cdot, \cdot) (\cdot, \cdot) (\cdot, \cdot) (\cdot, \cdot) (\cdot, \cdot)$			<b>U</b>						
	) (•••) (								
Hydration Score		AM = PH Level		$\overline{) \land \land \land}$					
		AM =		PM =					
Score		AM =		PM =					

			GYM SESSIONS							
EXER	3213	SETS	REPS	TEMPO	REST	OTHER INFO				
1A										
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Performan	ce Rating			Actual I	Energy					

<b>FOOD DIARY TEMPLATE AND MONITORING INFORMATION</b> Answer each question with a "Y" or a "N"									
Bed-time	Did you	Rising	Did you						
last night	sleep well?	time in the	wake refreshed?						
107		morning							
WHAT DID YOU HAVE FOR BREAKFAST									
Food		Fluids	Supplements/Medication						
	Y 616 TAHW	OU HAVE FOR S	NACK						
Food		Fluids	Supplements/Medication						
	WNAI OIO I	OU HAVE FOR L							
Food		Fluids	Supplements/Medication						
	AHW 919 A	OU HAVE FOR S	NACK						
Food		Fluids	Supplements/Medication						
	WHAT AIA V	QU HAVE FOR D							
Food		Fluids							
roou		TIUIUS	Supplements/Medication						

F009 DI	FOOD DIARY TEMPLATE AND MONITORING INFORMATION									
WHAT JIJ YOU HAVE FOR SNACK										
Food	Food		uids Supplements/Medicat							
	RE YOUR 6/5 703	STRESS Ay?	H		RE YOUR ENE 825 TOJAY?	RGY				
Circ	le One l	Face	<b>Circle One Face</b>							
Hydration Score		AM = PH Level			PM = PH Level					
Comments:										

			GYM SESSIONS							
EXER	3213	SETS	REPS	TEMPO	REST	OTHER INFO				
1A										
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Performan	ce Rating			Actual	Energy					

rwyd diart igmplaig amd mynifyriny infyrmai'nn										
			uestion with a	<i>"Y" or a "N"</i>						
Bed-time last night	Did yo sleep	well?	Rising time in t morning		Did you wake refreshed?					
	WHAT JIJ YOU HAVE FOR BREAKFAST									
Foo	od		Fluids	Supple	ments/Medic	ation				
	WHAT	919 101	U HAVE FO	R SNACK						
Foo	od		Fluids	Supple	ments/Medic	ation				
		919 101	U HAVE FO	R LUNCH						
Foo	od		Fluids	Supple	Supplements/Medication					
	14/11 A 57									
		010 101	U HAVE FO							
Foo	Dd		Fluids	Supple	ments/Medic	ation				
	WU A T		HAVE FOI							
Foo			Fluids		ments/Medic	ation				
100	Ju			Supple		ativii				
		I								

F009 DI	FOOD DIARY TEMPLATE AND MONITORING INFORMATION								
WHAT JIJ YOU HAVE FOR SNACK									
Food	Food			Fluids Supplements/Medi					
BOW WOH	RE YOUR	STRESS	H	3W W0	RE YOUR ENE	RGY			
V32	60T 213	AY?		<b>V3</b> 2	SAPOL 5 234				
Circ	le One F	ace		<b>Circle One Face</b>					
			•-						
Hydration Score		AM = PH Level			PM = PH Level				
Comments:									

			GYM SESSIONS							
EXER	321)	SETS	REPS	TEMPO	REST	OTHER INFO				
1A										
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	10	11	12				
Performan	ce Rating			Actual I	Energy					

FOUD DIARY IEMPLATE AND MUNITURING INFORMATION										
				h quest	ion with a "Y" (	or a "N"				
Bed-time		Did yo		-		Did you				
last night		sleep well?			time in the morning		wake refreshed?			
	WU									
	WHAT DID YOU HAVE FOR BREAKFAST									
Fo	od			Flu	ids	Supple	ements/Medic	ation		
		WHAT	616	<u>10U H</u>	AVE FOR S	NACK				
Fo	od			Flu	ids	Supple	ements/Medic	ation		
		WHAT	<b>λιλ</b> γ	/ <b>/ 1</b> 4	AVE FOR L	AMCH				
Ea	od			Flu			ements/Medic	ation		
	Jou			110	Supprements/1		ements/weure	ation		
		WHAT	919 J		AVE FOR S					
Fo	od			Flu	ids	Supple	ements/Medic	ation		
		NHAT	<u> </u>	<u>ou h/</u>	AVE FOR DI	N N E R				
Fa	od			Flu			ements/Medic	ation		

1000 DI/	ARY TEMP	LATE AND I	NONIT	ORING	; INFORMATI	Q N			
	WHAT JIJ YOU HAVE FOR SNACK								
Food	Food Flui			Supplements/Medication					
ISW WOH	RE YOUR S	STRESS	HQ	W WER	STATE AND A STATE	RGY			
V31	860T 213	Y?		28V3	STOGAS				
Circ	le One Fa	ace	Circle One Face						
Hydration Score		AM = PH Level			PM = PH Level				
Comments:									
1									

			G	YM SESSIQ		_
EXER	3213	SETS	REPS	TEMPO	REST	OTHER INFO
1A						
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	10	11	12
Performan	ce Rating		·	Actual E	nergy	

# TOUS NINDY TOMO AND AND MANIFADING INCOMATION

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	j on this we	ek?				c s f t	Your compliance core or he week
								%

## 60MPZIANCE GRID

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	g on this we	ek?				Y	our

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	j on this we	ek?				co so fo th	
								%

## COMPLIANCE GRID

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	vou working	j on this we	ek?				c s f t	'our compliance core or he veek
								%

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	) on this we	ek?				c s fo tł	our ompliance core or ne veek
								%

## COMPZIANCE GRID

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRIN	K SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	vou working	g on this we	ek?					Your compliance score for the week
								%

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	j on this we	ek?				c s fu tl	our ompliance core or ne veek
								%

## COMPLIANCE GRID

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	vou working	g on this we	ek?				c s f t	Your compliance score or he week
								%

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	j on this we	ek?				c s fo tł	our ompliance core or ie ie veek
								%

## COMPLIANCE GRId

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRIN	K SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	vou working	g on this we	ek?					Your compliance score for the week
								%

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	) on this we	ek?				c s f t	Your compliance ccore or he veek
								%

## COMPZIANCE GRID

## COMPZIANCE GRID

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	rou working	) on this we	ek?				( 5 1 1	Your compliance score for the week
								%

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
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## COMPLIANCE GRID

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
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## COMPLIANCE GRID

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## COMPLIANCE GRID

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## COMPLIANCE GRID

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DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
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What are y	ou working	) on this we	ek?				c s f t	Your compliance core or he week
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## 61RD 33MAILAMOS

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRIN	K SNACK
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What are y	rou working	g on this we	ek?					Your compliance score for the week
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DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
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What are y	ou working	j on this we	ek?				c s fo th	our ompliance core or ie veek
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## COMPLIANCE GRID

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What are y	ou working	j on this we	ek?				c s f t	Your compliance ccore or he veek
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## 61RD 33MAILAMOS

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What are y	rou working	g on this we	ek?				1	Your compliance score for the week
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DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
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What are y	ou working	) on this we	ek?				c s f t	Your compliance core or he veek
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## COMPZIANCE GRID

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DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
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