

LEAN BODY RESULT TRACKER

DATE: / /

Strength For mins

Fitness For mins

Yoga For mins

Total mins

Hours of Sleep hrs

Water Intake Ltr

Appetite EXCEL GOOD FAIR POOR

Mood EXCEL GOOD FAIR POOR

Energy EXCEL GOOD FAIR POOR

SUPPLIMENTS TAKEN:

Did I consume sugar today? YES NO

Did I consume caffeine today? YES NO

Did I consume Alcohol today? YES NO

Did I complete my training plan today? YES NO

NOTES:

DAILY FOOD DIARY

DATE: / /

	TIME	QUANTITY	ITEM
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Meal 6			

How do you rate this day?

EXCEL

GOOD

FAIR

POOR

LEAN BODY SHOPPING LIST

MEATS
& DELI

FRUIT
& VEG

GROCERIES
& GARNISHES

FROZEN
/ DAIRY

