

P90X JOURNAL

PHASE 1 (FAT SHREDDER), LEVEL III

DATE:

DAY #:

PLANNED

SERVINGS

BREAKFAST

- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

LUNCH

- _____
- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

DINNER

- _____
- _____
- _____
- _____
- _____

OTHER

- _____

PHASE 1, LEVEL III

DAILY SERVINGS

Protein (9)

Dairy (4)

Fruits (2)

Vegetables (4)

Fats (1)

Carbs (1)

Snacks (4) – Double , Bar ,
Double , Drink

Condiments (2)

NOTES

TODAY'S WEIGHT:

WORKOUT:

INTENSITY:

ERROR: undefined
OFFENDING COMMAND:

STACK: