

P90X JOURNAL

PHASE 1 (FAT SHREDDER), LEVEL I

DATE:

DAY #:

PLANNED

SERVINGS

BREAKFAST

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

- _____
- _____
- _____

LUNCH

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

- _____
- _____
- _____

DINNER

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

OTHER

- _____

- _____

PHASE 1, LEVEL I DAILY SERVINGS

Protein (5)

Dairy (2)

Fruits (1)

Vegetables (2)

Fats (1)

Carbs (1)

Snacks (3) – Single , Bar ,

Drink

Condiments (1)

NOTES

TODAY'S WEIGHT:

WORKOUT:

INTENSITY:

ERROR: undefined
OFFENDING COMMAND:

STACK: