

# P90X JOURNAL

PHASE 2 (ENERGY BOOSTER), LEVEL I

DATE:

DAY #:

PLANNED

SERVINGS

## BREAKFAST

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SNACK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## LUNCH

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SNACK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DINNER

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## OTHER

- \_\_\_\_\_

### PHASE 2, LEVEL I DAILY SERVINGS

Protein (4)

Dairy (2)

Fruits (1)

Vegetables (2)

Fats (1)

Carbs (2)

Snacks (3) – Bar , Drink ,  
Single

Condiments (1)

### NOTES

TODAY'S WEIGHT:

\_\_\_\_\_

WORKOUT:

\_\_\_\_\_

INTENSITY:

\_\_\_\_\_



ERROR: undefined  
OFFENDING COMMAND:

STACK: