

P90X JOURNAL

PHASE 2 (ENERGY BOOSTER), LEVEL III

DATE:

DAY #:

PLANNED

SERVINGS

BREAKFAST

- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

LUNCH

- _____
- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

DINNER

- _____
- _____
- _____
- _____
- _____

OTHER

- _____

PHASE 2, LEVEL III DAILY SERVINGS

Protein (8)

Dairy (2)

Fruits (2)

Vegetables (3)

Fats (1)

Carbs (3)

Snacks (4) – Double , Drink ,

Double , Bar

Condiments (3)

NOTES

TODAY'S WEIGHT:

WORKOUT:

INTENSITY:

ERROR: undefined
OFFENDING COMMAND:

STACK: