

# P90X JOURNAL

## PHASE 2 (ENERGY BOOSTER), LEVEL II

DATE:

DAY #:

PLANNED

SERVINGS

### BREAKFAST

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

### SNACK

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

### LUNCH

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

### SNACK

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

### DINNER

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

### OTHER

- \_\_\_\_\_

### PHASE 2, LEVEL II DAILY SERVINGS

Protein (6)

Dairy (2)

Fruits (1)

Vegetables (3)

Fats (1)

Carbs (3)

Snacks (3) – Double , Drink ,  
Bar

Condiments (1 ½)

### NOTES

TODAY'S WEIGHT:

\_\_\_\_\_

WORKOUT:

\_\_\_\_\_

INTENSITY:

\_\_\_\_\_



ERROR: undefined  
OFFENDING COMMAND:

STACK: