

P90X JOURNAL

PHASE 3 (ENDURANCE MAXIMIZER), LEVEL III

DATE:

DAY #:

PLANNED

SERVINGS

BREAKFAST

- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

LUNCH

- _____
- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

DINNER

- _____
- _____
- _____
- _____
- _____

OTHER

- _____

PHASE 3, LEVEL III DAILY SERVINGS

Protein (4)

Dairy (1)

Fruits (3)

Vegetables (4)

Fats (1)

Carbs (5)

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

Condiments (4)

NOTES

TODAY'S WEIGHT:

WORKOUT:

INTENSITY:

ERROR: undefined
OFFENDING COMMAND:

STACK: