

P90X JOURNAL

PHASE 3 (ENDURANCE MAXIMIZER), LEVEL I

DATE:

DAY #:

PLANNED

SERVINGS

BREAKFAST

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

- _____
- _____
- _____

LUNCH

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

SNACK

- _____
- _____
- _____

- _____
- _____
- _____

DINNER

- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____

OTHER

- _____

- _____

PHASE 3, LEVEL I DAILY SERVINGS

Protein (2)

Dairy (1)

Fruits (2)

Vegetables (2)

Fats (1)

Carbs (3)

Snacks (3) – Bar , Drink ,
Single

Condiments (2)

NOTES

TODAY'S WEIGHT:

WORKOUT:

INTENSITY:

ERROR: undefined
OFFENDING COMMAND:

STACK: