

# P90X JOURNAL

PHASE 1 (FAT SHREDDER), LEVEL III

DATE:

DAY #:

PLANNED

SERVINGS

## BREAKFAST

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

## SNACK

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

## LUNCH

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

## SNACK

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

## DINNER

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

## OTHER

- \_\_\_\_\_

### PHASE 1, LEVEL III

#### DAILY SERVINGS

Protein (9)

Dairy (4)

Fruits (2)

Vegetables (4)

Fats (1)

Carbs (1)

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

Condiments (2)

#### NOTES

TODAY'S WEIGHT:

\_\_\_\_\_

WORKOUT:

\_\_\_\_\_

INTENSITY:

\_\_\_\_\_



ERROR: undefined  
OFFENDING COMMAND:

STACK: