

TRAINING DIARY AND NUTRITION LOG

"Success is constancy of Purpose"

By John Lark

Training Diary and Nutrition Log[©] John Lark 2008

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WELCOME!

What you are holding now is one of the most powerful tools for getting you closer to the results you are looking for.

With this Training Diary and Nutritional Log you will be able to monitor and record over a set period of time, what foods and training protocols work for YOU! This will be an invaluable tool in the long run.

How to get the most out of your Training Diary and Nutritional Log:

- 1) The more detail you provide, the more use it will serve you record everything and try not to skimp on the details! If you eat it, right it down. If you drink it right it down. One of the most successful behavioural steps you can make is to take responsibility for your actions. This will help you all the way.
- 2) YOU MUST BRING THIS WITH YOU TO ALL ASSESSMENTS that way we can monitor, tailor and adjust your routines and habits to fit your lifestyle. But first we need to know what habits you have in the first place!
- 3) Let it motivate you and inspire you to step out of your comfort zone. If you are inactive this will show to you and inspire you to do more. If you are hap-hazard with your nutrition then this will show to YOU where you falling down. Above all else this will 'shed the light rather than pick holes in your lifestlye. Once you are apparent of short-comings then change is much easier!!
- 4) Bring it with you to training and write down any weights and personal bests you may have set during your training session. Success leaves clues. If can do for every athlete on this planet then it can certainly work for you! A 30 seconds recording session at the end will do wonders for your head and also inspire you in seeing progress.

THE ULTIMATE RUGBY FITNESS MANUAL

So there you have it. I recommend filling it out after each training session maybe during your time chugging down your post-workout shake. Alternatively, try and fill it out at night.

Better still, fill it out as you go. Sometimes memory recall is not all that accurate!

I hope this serves you well if you have any improvements you would like to see then feel free to let us know

Yours in health

John

CONTENTS

Introduction	3
What are your goals?	7
Recovery and Regeneration Methods	9
Weekly Training Log	11
Body Composition Log	25
Nutrition Log	27

WHAT ARE YOUR GOALS

Without a vision you will struggle. Without writing your vision down you will find it nearly impossible to maintain momentum as your train and work at implementing your nutrition plan.

Please perform the following exercises and feel free to use additional room!:

Write down in the space provided where you see yourself in 5 years, 1 year, 6 months and 12 weeks time:

5 Years

1Year

12 Weeks

6 Months

What do you want to achieve within your 12 week time frame? Please be as specific as possible

Now write down when you want to achieve this by (please provide a day, date and time)

Now list all the behaviours that you think are preventing you from getting you there (limiting behviours):

Now list all the behaviours that you need to implement for you to get you there:

RECOVERY AND REGENERATION

With our 'uber' paced lifestyles compounded with a chronic expsore to stress it is crucial that you aim to maintain a good balance between working hard and resting hard.

Training is another form of stress. Like sunlight it is a good stress. But too much may do more harm than good. That is why it is important to perform Recovery and Regeneration session.

Ideally the optimum amount of rest and regeneration is 1:1. So for every training session you perform you should perform a 'R and R' session to maximise its effects.

Remember this – you get fit when you recover. If you are always recovering then it is unlikely you will get the most from your training sessions.

Choose from one of the following to constitute a R and R session:

1. Take a Walk

A brisk 30-40 minute walk will work wonders to raise your core temperature and bring about blood flow to the areas that you worked hard during your training session

2. Epsom Salts Bath

This is best performed at night before you go to bed. Drop 1-2 cups of Epsom Salts in a hot bath and relax. Get ready to slip into a deep sleep!

3. Massage

Sphere Fitness do provide qualified massage therapists for you to use at a discounted rate. Enquire within. This is one of the most powerful rest and recovery tools you can utilise. It will improve blood circulation, lymphatic circulation (your waste fluids), removing muscle adhesions and knots, relief from fatigue and remove excessive swelling.

4. Yoga

Athletes and the casual city dweller often suffer from oxygen debt due to the poor air quality and the intensity of training. To overcome this deep breathing techniques held common in Yoga are beneficial as are

5. Stretching Programme

Stretching is best performed after you have trained when the muscles are warm and ready to be stretched. Better still they should be performed on alternative days to your training. Ask your trainer which stretches are best for you.

6. Pool Recovery

Using the pool wil enhance your recovery immensely. Ask your trainer for a particular session that you can perform in the pool.

7. Sauna

To sweat is to detoxify! Yet saunas and steam baths affect the nervous system and endocrine systems. Lie in one for 8-10 minutes and you will relax muscles and improve local blood circulation.

8. Hot and Cold

In combination with a sauna, an athlete can also use a plunge pool or regular pool that is filled with water at room temperature. Russian researchers studied the benefits of alternating hot and cold environments on the human body and found that with the correct alternation there was a raised level of recovery taking place in athletes who used this method. A commonly used protocol is 3 min in the spa/sauna followed by 1 min in the plunge pool.

An alternative to saunas and plunge pools is the regular shower, where good results can be achieved if the athlete alternates hot and cold bursts of water. The best ratio of hot to cold is 60 sec of hot water followed by 30-60sec of cold water as cold as you can stand – (Richards, 2009)

9. Compression Garments

Skeletal muscle damage results in considerable loss of muscle performance and the ability to perform exercise. It is possible that compression garments could enhance muscle recovery from exercise induced muscle damage and stress through optimisation of blood flow/reduction of blood pooling and prevention of oedema (Trenell, 2004, Richards, 2009)

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	V	Y 616 TAHV	SVAH UO	FOR DI	NNER						
Fo	od		Fluids		Supple	ements/Medic	ation				
					<u></u>						

	WHAT	4 UQY 616	AVE F	OR SN	ACK	
Food	ı	ids		Supplements/Me	dication	
HOW WERE YOUR STRESS LEVELS TOOAY?			HOW WERE YOUR ENERGY LEVELS TOOAY?			
Circ	le One F	ace	Circle One Face			
			()- ()) (•••
Hydration Score		AM = PH Level			PM = PH Level	
Comments:						

		GYM SESSIONS								
EXER	3213	SETS	REPS	TEMPO	REST	oTHER INFO				
1A										
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Performan	ce Rating			Actual E	nergy					

Answer each question with a "Y" or a "N"										
Bed-time last night		Did you sleep well?	Rising time in the morning	Did you wake refreshed?						
WHAT 313 YOU HAVE FOR BREAKFAST										
Foo	od		Fluids	Supplements/Medication						
	,	616 TAHW	YOU HAVE FOR S	SNACK						
Foo	od		Fluids	Supplements/Medication						
Foo		WHAT OIO	YOU HAVE FOR I	Supplements/Medication						
		616 TAHW	YOU HAVE FOR							
Foo	od		Fluids	Supplements/Medication						
		616 TAHV	YOU HAVE FOR D							
Foo	Food		Fluids	Supplements/Medication						

WHAT 313 YOU HAVE FOR SNACK									
Food	Food Flu				Supplements/M	edication			
ISW WOH	RE YOUR	STRESS	-	BW WO!	RE YOUR EN	ERGY			
757	?YA6QT 2\3\3\			YEAPOL 573737					
Circ	Circle One Face			Circle One Face					
	(•,•)		(••	·) (·-					
Hydration		AM =		1	PM =				
Score		PH Level			PH Level				
Comments:									

			GYM SESSIONS								
E)	EXERCISE		SETS R		EPS		EMPO	APO REST		other info	
1A											
Weigl		1	2		3		4		5		6
Seque	ence	7	8	. !	9		10		11		12
Weigl		1	2		3		4		5		6
Seque	ence	7	8	. !	9		10		1 1		12
Weigl		1	2		3		4		5		6
Seque	ence	7	8		9		10		1 1		12
Weigl	ht	1	2		3		4		5		6
Seque	ence	7	8	. !	9		10		11		12
Weigl		1	2		3		4		5		6
Seque	ence	7	8		9		10		11		12
Perfo	rmand	e Rating	ating Actual Energy								

rwwo D	163 N I	ICMPLAI		ING INFORMATION						
			ach question with a "Y							
Bed-time last night		Did you sleep well?	Rising time in the morning	Did you wake refreshed?						
WHAT 313 YOU HAVE FOR BREAKFAST										
Foo	d		Fluids	Supplements/Medication	n					
		616 TAHW	YOU HAVE FOR	SNACK						
Foo	od		Fluids Supplements/Medi							
		MHVL 919	YOU HAVE FOR		_					
Foo	od		Fluids	Supplements/Medication	n					
	,	WUA \$ 212	YOU HAVE FOR	CNACV						
Foo		WHAI OIC	Fluids	Supplements/Medication	n					
100	Ju		Tiulus	Supplements/Medication	"					
		616 TAHV	YOU HAVE FOR I) IN WER						
Foo			Fluids		n					
Foo		616 TAHV	YOU HAVE FOR I	OIMMER Supplements/Medication	n					

	WHAT 313 YOU HAVE FOR SNACK									
Food		Flu	ids	Supplements/Medic						
HOW WERE YOUR STRESS LEVELS TOOAY?				HOW WERE YOUR ENERGY LEVELS TOOAY?						
Circ	le One F	ace	Circle One Face							
	•,•									
Hydration Score		AM = PH Level			PM = PH Level					
Comments:										

			GYM SESSIONS							
EXE	RCISE	SETS	REPS	TEMPO	REST	other info				
1A										
Weight	1	2	3	4	5	6				
Sequenc	e 7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequenc	e 7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequenc	e 7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequenc	e 7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequenc	e 7	8	9	1 0	11	12				
Perform	erformance Rating Actual Energy									

Answer each question with a "Y" or a "N"										
Bed-time last night		Did y	rou Rising time in the morning				Did you wake refreshed?			
WHAT 313 YOU HAVE FOR BREAKFAST										
Foo	od			Flu	ids	Suppl	lements/Medi	cation		
	,	WHA	616	YOU	HAVE FOR	SNACK				
Foo	od			Flu	ids	Suppl	lements/Medi	cation		
	,	WHAT	919	YOU	HAVE FOR	LUNCH				
Foo				Flu			lements/Medi	cation		
	1	WHAT	919	YOU	HAVE FOR	SNACK				
Foo	od			Flu	ids	Suppl	lements/Medi	cation		
WHAT 313 YOU HAVE FOR DINNER										
Foo	Food		Fluids			Suppl	lements/Medi	cation		

WHAT 313 YOU HAVE FOR SNACK										
Food	Food Flo				Supplements/Mo	edication				
ISW WOH	RE YOUR ELS TOO		HOW WERE YOUR ENERGY LEVELS TOOAY?							
Circ	le One F	ace	Circle One Face							
	(•,•)		•) (··						
Hydration Score			PM = PH Level							
Comments:										

			GYM SESSIONS									
EX	ERC	321	SETS	SETS R		REPS TEMP		O REST		ot	oTHER INFO	
1A					'		•					
Weigh	t	1	2		3		4		5		6	
Seque	nce	7	8		9		10		11		12	
Weigh		1	2		3		4		5		6	
Seque	nce	7	8		9		10		11		12	
Weigh	t	1	2		3		4		5		6	
Seque	nce	7	8		9		1 0		11		12	
Weigh		1	2		3		4		5		6	
Seque	nce	7	8		9		1 0		11		12	
Weigh	t	1	2		3		4		5		6	
Seque	nce	7	8		9		10		11		12	
Perfor	mano	e Rating					Actual E	nerg	у			

Answer each question with a "Y" or a "N"											
Bed-time last night		Did yo sleep	well? time in the morning				Did you wake refreshed?				
	WHAT 313 YOU HAVE FOR BREAKFAST										
Foo	od			Flu	ids	Supp	lements/Medi	cation			
	,	WHAT	616	YQU	HAVE FOR	SNACK					
Foo					ids		lements/Medi	cation			
		WHAT	919	YOU	HAVE FOR	LUNCH					
Foo	od			Flu	ids	Supp	lements/Medi	cation			
		WHAT	919	YOU	HAVE FOR	SNACK					
Foo	od			Flu	ids	Supp	lements/Medi	cation			
			\\\\\		AVC FOR						
		Aila	010		IAVE FOR						
Foo	Food		Fluids			Supp	lements/Medi	cation			

WHAT 313 YOU HAVE FOR SNACK										
Food Flu				Supplements/Mo	edication					
		H			RGY					
e One F	ace	Circle One Face								
••• (•-	<u>, </u>							
Hydration AM = Score PH Level				PM = PH Level						
	E YOUR	E YOUR STRESS 25 TOOAY? e One Face	E YOUR STRESS LS TOOAY? e One Face AM =	E YOUR STRESS HOW WE LESTONAY? E One Face One AM =	Fluids Supplements/Mo E YOUR STRESS HOW WERE YOUR ENE LEVELS TODAY? E One Face One Face AM = PM =					

			GYM SESSIONS								
EX	ERC	3213	SETS	1	REPS	7	EMPO	F	REST	ot	HER INFO
1A											
Weight		1	2		3		4		5		6
Sequei	nce	7	8		9		10		11		12
Weight		1	2		3		4		5		6
Sequei	nce	7	8		9		10		11		12
Weight	t	1	2		3		4		5		6
Sequei	nce	7	8		9		1 0		11		12
Weight		1	2		3		4		5		6
Sequei	nce	7	8		9		1 0		11		12
Weight	t	1	2		3		4		5		6
Seque	nce	7	8		9		10		11		12
Perfori	Performance Rating Actual Energy										

Answer each question with a "Y" or a "N"										
Bed-time last night		Did you sleep well?	Rising time in the morning	Did you wake refreshed?						
WHAT 313 YOU HAVE FOR BREAKFAST										
Foo	od		Fluids	Supplements/Medication						
	,	PIE TAHW	YOU HAVE FOR	SNACK						
Foo	d		Fluids	Supplements/Medication						
		MHVL 919	YOU HAVE FOR	LUNCH						
Foo	od		Fluids	Supplements/Medication						
		616 TAHW	YOU HAVE FOR	SNACK						
Foo	od		Fluids	Supplements/Medication						
WHAT 313 YOU HAVE FOR DIMMER										
Foo	od		Fluids	Supplements/Medication						

WHAT 313 YOU HAVE FOR SNACK										
Food	Food Flu				Supplements/Mo	edication				
ISW WOH	RE YOUR ELS TOO		HOW WERE YOUR ENERGY LEVELS TOOAY?							
Circl	le One F	ace	Circle One Face							
	(•,•)		•-							
Hydration AM = Score PH Level					PM = PH Level					
Comments:										

		GYM SESSIONS								
EXER	3213	SETS	REPS	TEMPO	REST	oTHER INFO				
1A										
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	1 1	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	1 1	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	1 1	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Performance Rating Actual Energy										

	Answer each question with a "Y" or a "N"											
Bed-time last night		Did you sleep v	и	morning			Did you wake refreshed?					
	WH	AT 81	9 AO	YOU HAVE FOR BREAKFAST								
Fo	od			Flu	ids	Supple	ements/Medio	cation				
	,	WHAT	616	rou H	AVE FOR S	NACK						
Fo	Food			Flu	ids	Supple	ements/Medic	cation				
	,	WHAT	616	rou H	AVE FOR L	UNCH						
Fo	od		Fluids				ements/Medic	cation				
	,	WHAT	919 7	OU H	AVE FOR S	NACK						
Fo	od			Flu			ements/Medic	cation				
		VHAT	919 A		AVE FOR DI	IMMER						
Fo	Food			Fluids		Supplements/Med		cation				

	WHAT	H UQY 616	3VA	FOR SN	ACK	
Food	Food Flo				Supplements/Me	dication
	RE YOUR EZS TOO!		H		RE YOUR ENE ELS TOOAY?	RGY
Circ	le One F	ace	Circle One Face			
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Hydration Score		AM = PH Level			PM = PH Level	
Comments:						

		GYM SESSIONS								
EXER	3213	SETS	REPS	TEMPO	REST	oTHER INFO				
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Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Weight	1	2	3	4	5	6				
Sequence	7	8	9	1 0	11	12				
Performan	ce Rating			Actual	Energy					

		Answ	ver each question with a "Y" or a "N"						
Bed-time last night		Did you sleep w			Rising time in the morning		Did you wake refreshed?		
	WH	AT 31	JOY 6	YOU HAVE FOR BREAKFAST					
	Food			Flu	ids	Supple	ements/Medic	ation	
		WILAS	\ \ .		AVO TOD C	NACW			
		WNAI	010 Y		AVE FOR S		. (84 1	7:	
	Food			Flu	ids	Supple	ements/Medic	ation	
	1	WHAT	4 616	OU H	AVE FOR L	UNCH			
	Food		Fluids			Supplements/Medication			
	\	WHAT	919 A	OU H	AVE FOR S	NACK			
	Food			Flu	ids	Supple	ements/Medic	ation	
	V	TAHV	A 616	OU H	AVE FOR DI	NNER			
	Food			Flu	ids	Supple	ements/Medic	ation	
	1000								

	WHAT 313 YOU HAVE FOR SNACK									
Food	Food Flu				Supplements/Medication					
	RE YOUR ELS TOO!		HOW WERE YOUR ENERGY LEVELS TOOAY?							
Circ	le One F	ace	Circle One Face							
			(· · ·) () (• ₁ •)					
Hydration Score		AM = PH Level			PM = PH Level					
Comments:										

				GYM SESSI	ONS	
EXER	CISE	SETS	REPS	TEMPO	REST	oTHER INFO
1A						
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	1 1	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Performan	ce Rating			Actual	Energy	

	Answer each question with a "Y" or a "N"									
Bed-time last night		Did you sleep well?		Rising time in the morning		Did you wake refreshed?				
	WH	10Y 616 TA	YOU HAVE FOR BREAKFAST							
Fo	Food			ids	Supple	ements/Medic	ation			
	1	7 616 TAHW	rou H	AVE FOR S	NACK					
Fo	od		Flui			ements/Medic	ation			
		7 616 TAHW	OU H	AVE FOR LI	UNCH					
Fo	od		Fluids			ements/Medic	ation			
		r 616 Tahw	OU H	AVE FOR S	MACK					
Fo	od		Flui			ements/Medic	ation			
		Y 616 TAHY	OU H/	VE FOR DI	NNFR					
Fo	od	THEST VIVI	Flui			ements/Medic	ation			
	1000									

WHAT 313 YOU HAVE FOR SNACK										
Food	Food Flu				Supplements/Medication					
	RE YOUR 'EZS TOO		H		E YOUR ENEI	RGY				
Circ	le One l	Face	Circle One Face							
) (•,•) (•••	() (•••	•,•	•••				
Hydration Score		AM = PH Level			PM = PH Level					
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Comments:										
Comments:										

			G	VM SESSI) N S	
EXER	3213	SETS	REPS	TEMPO	REST	other info
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Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Performan	ce Rating			Actual E	nergy	

1 1 1 1 1 1	ryvo viaki icmplaic and munituking infukmativn										
	_			h quest	ion with a "Y" (or a "N"					
Bed-time last night		Did you sleep well?			Rising time in the morning		Did you wake refreshed?				
	WH	AT 6	10 A 01	J HAV	E FOR BRE	AKFAS					
F	ood			Flu	ids	Supple	ements/Medica	ation			
		WHAT	919 /		AVE FOR S						
F	ood			Flu	ids	Supple	ements/Medica	ation			
	,	W H A T	A1A '	ol H	AVE FOR L	i Inch					
	ood			Flu			ements/Medica	ation			
				114	140	Опри	Jillolito, Modro	4011			
	,	WHAT	416	OU H	AVE FOR S	NACK					
F	ood			Flu	ids	Supple	ements/Medica	ation			
		M11 A 53	\		\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\						
			919 Y		AVE FOR DI						
	Food			Flu	Ias	Supplements/Medicatio					

	WHAT 313 YOU HAVE FOR SNACK									
Food	d	Flu	ids	;	Supplements/Medication					
	RE YOUR ELS TOO		HOW WERE YOUR ENERGY LEVELS TOOMY?							
Circ	le One F	ace	Circle One Face							
) (•,•)) (·,·)	(::				
Hydration Score		AM = PH Level			PM = PH Level					
Comments:										

			•	12232 MY	ONS	
EXE	RCISE	SETS	REPS	TEMPO	REST	other info
1A						
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Weight	1	2	3	4	5	6
Sequence	7	8	9	1 0	11	12
Performa	nce Rating			Actual	Energy	

		Answer ead	ch question with a "Y"	or a "N"				
Bed-time last night		Did you sleep well?	Rising time in the morning	Did you wake refreshed?				
	WH	104 919 1V	YOU HAVE FOR BREAKFAST					
	Food		Fluids	Supplements/Medication				
		616 TAHW	YOU HAVE FOR S					
	Food		Fluids	Supplements/Medication				
	,	616 TAHW	YOU HAVE FOR L	URCH				
	Food		Fluids	Supplements/Medication				
	,	616 TAHW	YOU HAVE FOR S	NACK				
	Food		Fluids	Supplements/Medication				
	1	Y 616 TAHN	OU HAVE FOR D	IMMER				
	Food		Fluids	Supplements/Medication				
	1000							

WHAT 313 YOU HAVE FOR SNACK									
Food	Food Flo				Supplements/Medication				
	RE YOUR ELS TOO!		HOW WERE YOUR ENERGY LEVELS TOOAY?						
Circ	le One F	ace	Circle One Face						
Hydration Score		AM = PH Level			PM = PH Level				
Comments:									

					G	YM	SE5510	NS			
EXE	RCISE	E .	SETS	F	REPS TEMPO		F	REST 0		OTHER INFO	
1A											
Weight	1		2		3		4		5		6
Sequen	ce 7		8		9		10		11		12
Weight	1		2		3		4		5		6
Sequen	ce 7		8		9		10		11		12
Weight	1		2		3		4		5		6
Sequen	ce 7		8		9		10		11		12
Weight	1		2		3		4		5		6
Sequen	ce 7		8		9		10		11		12
Weight	1		2		3		4		5		6
Sequen	ce 7		8		9		10		11		12
Perform	ance Ra	ting	ing Actual Energy								

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou workinç	g on this we	ek?				c s fe tl	our ompliance core or ne veek
								%

	COMPZIANCE GRIO									
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday							,			
Saturday							,			
Sunday										
What are y	ou working	on this we	ek?				Y	our		
	1									

	WMTLIBEC UNIO									
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
What are y	ou working	g on this we	ek?				co so fo th			
								%		

COMPZIANCE GRID									
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK	
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
What are y	ou working	g on this we	ek?				c s fc tl	our ompliance core or he veek	
								%	

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	j on this we	ek?				c s fo tl	our ompliance core or ne veek
								%

			(W M &		GKIO			
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	g on this wed	ek?				s f t	our compliance core or he veek
								%

	EMMEZIANC UNIO									
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
What are y	ou working	g on this we	ek?				co so fo th			
								%		

COMPZIANCE GRID										
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
What are y	ou working	g on this we	ek?				c s fc tl	our ompliance core or ne veek		
								%		

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	j on this we	ek?				c s fe tl	our ompliance core or ne veek
								%

	COMPZIANCE GRIO									
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
What are y	ou working	g on this we	ek?				c s fe tl	our ompliance core or ne veek		
								%		

	EWINE LIBRIC UNIO									
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
What are y	ou working	g on this we	ek?				co so fo th			
								%		

	COMPZIANCE GRIO									
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
What are y	ou working	j on this we	ek?				c s fc tl	our ompliance core or ne veek		
								%		

DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	j on this we	ek?				c s fo tl	our ompliance core or ne veek
								%

			f W M &	ZIAMEZ	GRIO			
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
What are y	ou working	g on this wed	ek?					Your compliance score for the week
								%

			6 W 11 E		OKIU			
DAY	DRINK	BREKKIE	DRINK	LUNCH	DRINK	DINNER	DRINK	SNACK
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
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