

Goal of the day: \_\_\_\_\_

\_\_\_\_\_

Date:	Protein	Carbs	Fats	Notes
Meal 1 Time:				
Meal 2 Time:				
Meal 3 Time:				
Meal 4 Time:				
Meal 5 Time:				
Meal 6 Time:				
Meal 7 Time:				
Meal 8 Time:				

### Lifestyle Factors

Sleep time: \_\_\_\_\_ Wake time: \_\_\_\_\_ Hours slept: \_\_\_\_\_  
 Cups of coffee: \_\_\_\_\_ Alcoholic drinks: \_\_\_\_\_ Glasses of water: \_\_\_\_\_  
 Resting heart rate: \_\_\_\_\_ Nutritional rating: \_\_\_\_\_/10 Well-being rating: \_\_\_\_\_/10

### Mind / Body / Health Notes

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### Cardio / Strength Training Notes

Exercise	Set 1	Set 2	Set 3	Set 4
	Wc. / Reps / Rest	Wc. / Reps / Rest	Wc. / Reps / Rest	Wc. / Reps / Rest

### Overtraining Symptoms

Coughing       Trouble sleeping       Excessive fatigue   
 Sneezing       Change in appetite       Decreased performance   
 Irritability       ↑ Resting heart rate       Loss of interest in exercise

### Muscle and Joint Pain



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