

FOOD LOG: Name: _____ Email: _____ Week of: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Exercise:				
Breakfast:				
Snack:				
Lunch:				
Snack:				
Dinner:				
Water: 10 oz each	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0
Caffeine: 10 oz each	0 0	0 0	0 0	0 0



314.531.rock | 3001 Locust St. Suite 103 | St. Louis, MO 63103 | rockworkout.com



	FRIDAY	SATURDAY	SUNDAY	TIPS
Exercise:				MANDATORY: ONE CHEAT MEAL A WEEK! - LIMITED TO ONE FOUR HOUR TIME PERIOD (ie..an EVENING OUT).....
Breakfast:				Why?... This keeps your body from having out of control cravings, and helps you change your life style and your health..forever!
Snack:				ONE to TWO DAYS A WEEK of NON FORMAL EXERCISE! Keeps you from overtraining.
Lunch:				Your muscles get stronger after exercising..during a day of “rest” (no formal training); So, no rest, no improvement – you will actually DECREASE your fitness level if you OVERTRAIN.
Snack:				Walking – rollerblading – cycling – playing ball - are all great ways of “active” rest/recovery. HAVE FUN!
Dinner:				WATER MEANS WATER – NOT FLAVORED WITH EXTRA THIS OR THAT.... DRINK YOUR WATER – YOUR MUSCLES WILL THANK YOU!
Water: 10 oz each	000000000000	000000000000	000000000000	Questions? Contact Us! Email us:
Caffeine: 10 oz each	0 0	0 0	0 0	Readytorock@rockworkout.com

*Caffeine - 10 oz...not the giant mug from home or your favorite food place!

Keeping the food log will help you see wasted calories throughout your week. Be HONEST – put approximate time of day too...you may be surprised to see what your eating and snacking patterns reveal! Stay as clean and natural as possible – you know what I say...“if God didn’t make it, don’t eat it”...if it comes from a bag or a box...eat the container INSTEAD OF THE FOOD”...it will probably be more nutritious! (Just joking here!); “more than 5 ingredients, don’t eat it”

