

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 |



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| | 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 | 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 | 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”

