



Staying true to the eating approach you have selected for this plan is more important to your P90X success than anything else. Deviating from the healthy, targeted nutrition plan outlined for you is NOT an option. One of the best ways to keep on track stay within the parameters of your nutrition level is to maintain a daily journal. What and how much you choose to write is up to you. Just be sure to indicate in some manner how successful you were for each specific day.

DAILY JOURNAL

						1 / week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

						2 / week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MO_

TU_

WE_

TH_

FR_

SA_

SU_

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MO_

TU_

WE_

TH_

FR_

SA_

SU_

						5 / week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

						6 / week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						

	COMMENTS	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MO_						
TU_						
WE_						
TH_						
FR_						
SA_						
SU_						

BREAKFAST SNACK LUNCH SNACK DINNER COMMENTS

_MO

_TU

_WE

_TH

_FR

_SA

_SU

BREAKFAST SNACK LUNCH SNACK DINNER COMMENTS

_MO

_TU

_WE

_TH

_FR

_SA

_SU

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MO_

TU_

WE_

TH_

FR_

SA_

SU_

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MO_

TU_

WE_

TH_

FR_

SA_

SU_

						13 / week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

						14 / week
BREAKFAST	SNACK	LUNCH	SNACK	DINNER	COMMENTS	
						_MO
						_TU
						_WE
						_TH
						_FR
						_SA
						_SU

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MO_

TU_

WE_

TH_

FR_

SA_

SU_

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

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