

## Process Goals for Diet and Supplementation

### Day 1

#### *Daily Process goals for Supplementation*

Goals	Accomplishments	Maximum Points	Actual Points
6 liters of water <sup>1</sup>	6 liters	6	6
3 grams of HMB	3 grams	3	3
3 grams of vitamins C	3 grams	3	3
Multi vitamin	1	1	1
4 JSF	4	4	4
6 fish oil pills	6	6	6
Multi mineral	1	1	1
Multi Antioxidant	1	1	1
4 green tea pills	4	4	4
3 scopes Shooter	3	3	3
1 chromium	1	1	1
1.5 grams calcium	1.5	1	1
B complex	1	1	1
ZMA	1	1	1
10 grams creatine	10	2	2
15 grams glutamine	15	3	3
		<b>41</b>	<b>41</b>
		Maximum Points	Total Points

#### *Daily Process goals for Diet*

Goals	Accomplishments	Maximum Points	Actual Points
Ate all pre-determined meals (1 point per meal)	8	8	8
2 salads	2	2	2
Cheat Meals <sup>2</sup>	0	—	+3
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	3	3	3
		<b>19</b>	<b>22</b>
		Maximum Points	Total Points

### Comments

I did great today. Right now, there are a plethora of cheat foods in my kitchen including candy yams, pecan pie, pumpkin pie, and turkey smothered in gravy. I had a tiny bit of pecan pie, but well under my bandwidth of 50 calories. I should give myself +10 points instead of +3 for not cheating!

## Day 2

### *Daily Process goals for Supplementation*

Goals	Accomplishments	Maximum Points	Actual Points
6 liters of water <sup>1</sup>	6 liters	6	6
3 grams of HMB	3 grams	3	3
3 grams of vitamins C	3 grams	3	3
Multi vitamin	1	1	1
4 JSF	4	4	4
6 fish oil pills	6	6	6
Multi mineral	1	1	1
Multi Antioxidant	1	1	1
4 green tea pills	4	4	4
3 scopes Shooter	3	3	3
1 chromium	1	1	1
1.5 grams calcium	1.5	1	1
B complex	1	1	1
ZMA	1	1	1
10 grams creatine	10	2	2
15 grams glutamine	15	3	3
		<b>41</b>	<b>41</b>
		Maximum Points	Total Points

### *Daily Process goals for Diet*

Goals	Accomplishments	Maximum Points	Actual Points
Ate all pre-determined meals (1 point per meal)	8	8	8
2 salads	2	2	2
Cheat Meals <sup>2</sup>	0	—	+2
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	3	3	2
		<b>19</b>	<b>20</b>
		Maximum Points	Total Points

## Comments

Today was an extremely hectic day, but I still managed to do a pretty good job on my diet. I had a few snacks, but nothing big. I also missed one serving of essential fatty acids. But I had some steak, so that helped my fat intake. I also had an incredible meatloaf dish! It was very clean, but it tasted so good!

### Day 3

Table 1

*Daily Process goals for Supplementation*

Goals	Accomplishments	Maximum Points	Actual Points
6 liters of water <sup>1</sup>	3 liters	6	3
3 grams of HMB	2 grams	3	2
3 grams of vitamins C	3 grams	3	3
Multi vitamin	1	1	1
4 JSF	4	4	4
6 fish oil pills	6	6	6
Multi mineral	1	1	1
Multi Antioxidant	1	1	1
4 green tea pills	2	4	2
3 scopes Shooter	3	3	3
1 chromium	1	1	1
1.5 grams calcium	1.5	1	1
B complex	1	1	1
ZMA	1	1	1
10 grams creatine	10	2	2
15 grams glutamine	15	3	3
		<b>41</b>	<b>35</b>
		Maximum Points	Total Points

Table 2

*Daily Process goals for Diet*

Goals	Accomplishments	Maximum Points	Actual Points
Ate all pre-determined meals (1 point per meal)	8	8	8
2 salads	1	2	1
Cheat Meals <sup>2</sup>	0	—	+2
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	3	3	3
		<b>19</b>	<b>20</b>
		Maximum Points	Total Points

### Comments

Pretty much same thing as day 3. My schedule sucks this week! My supplement and water intake was down, too.

## Day 4

### *Daily Process goals for Supplementation*

Goals	Accomplishments	Maximum Points	Actual Points
6 liters of water <sup>1</sup>	4 liters	6	4
3 grams of HMB	3 grams	3	3
3 grams of vitamins C	3 grams	3	3
Multi vitamin	1	1	1
4 JSF	4	4	4
6 fish oil pills	6	6	6
Multi mineral	1	1	1
Multi Antioxidant	1	1	1
4 green tea pills	4	4	4
3 scopes Shooter	3	3	3
1 chromium	1	1	1
1.5 grams calcium	1.5	1	1
B complex	1	1	1
ZMA	1	1	1
10 grams creatine	10	2	2
15 grams glutamine	15	3	3
		<b>41</b>	<b>39</b>
		Maximum Points	Total Points

### *Daily Process goals for Diet*

Goals	Accomplishments	Maximum Points	Actual Points
Ate all pre-determined meals (1 point per meal)	8	8	8
2 salads	2	2	2
Cheat Meals <sup>2</sup>	0	—	+3
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	3	3	3
		<b>19</b>	<b>22</b>
		Maximum Points	Total Points

## Comments

Today I have did great. I had a brutal schedule, but I still managed to get all my supplements and meals in. And I had two incredible workouts, in which the pumps were massive. I did not get much sleep the night before--less than 5 hours. But I did not feel that tired today.

**Day 5**

Table 1

*Daily Process goals for Supplementation*

Goals	Accomplishments	Maximum Points	Actual Points
6 liters of water <sup>1</sup>	3 liters	6	3
3 grams of HMB	2 grams	3	2
3 grams of vitamins C	3 grams	3	3
Multi vitamin	1	1	1
4 JSF	4	4	4
6 fish oil pills	6	6	6
Multi mineral	1	1	1
Multi Antioxidant	1	1	1
4 green tea pills	2	4	2
3 scopes Shooter	3	3	3
1 chromium	1	1	1
1.5 grams calcium	1.5	1	1
B complex	1	1	1
ZMA	1	1	1
10 grams creatine	10	2	2
15 grams glutamine	15	3	3
		<b>41</b>	<b>35</b>
		Maximum Points	Total Points

Table 2

*Daily Process goals for Diet*

Goals	Accomplishments	Maximum Points	Actual Points
Ate all pre-determined meals (1 point per meal)	7	8	7
2 salads	0	2	0
Cheat Meals <sup>2</sup>	0	—	+2
Carbohydrates <sup>3</sup>	3	3	3
Proteins	2	3	2
Fats	2	3	2
		<b>19</b>	<b>16</b>
		Maximum Points	Total Points

**Comments**

Today was my worst day of the week. It was a really hectic day. I missed one meal, so that messed up my protein and fat intake. I also did not have greens. And my water intake was down as well as a few supplements. Not to bad, still.

**Day 6***Daily Process goals for Supplementation*

Goals	Accomplishments	Maximum Points	Actual Points
6 liters of water <sup>1</sup>	6 liters	6	6
3 grams of HMB	2 grams	3	2
3 grams of vitamins C	3 grams	3	3
Multi vitamin	1	1	1
4 JSF	4	4	4
6 fish oil pills	6	6	6
Multi mineral	1	1	1
Multi Antioxidant	1	1	1
4 green tea pills	4	4	4
3 scopes Shooter	3	3	3
1 chromium	1	1	1
1.5 grams calcium	1.5	1	1
B complex	1	1	1
ZMA	1	1	1
10 grams creatine	10 grams	2	2
15 grams glutamine	15	3	3
		<b>41</b>	<b>40</b>
		Maximum Points	Total Points

*Daily Process goals for Diet*

Goals	Accomplishments	Maximum Points	Actual Points
Ate all pre-determined meals (1 point per meal)	8	8	8
2 salads	0	2	0
Cheat Meals <sup>2</sup>	0	—	+3
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	3	3	3
		<b>19</b>	<b>20</b>
		Maximum Points	Total Points

**Comments**

I really stepped it up today. I made an effort to improve my water intake. My green vegetable intake sucked, though. My HMB supplementation was alright; I forgot to take my last serving at night.

**Day 7**

*Daily Process goals for Supplementation*

Goals	Accomplishments	Maximum Points	Actual Points
6 liters of water <sup>1</sup>	6 liters	6	6
3 grams of HMB	2 grams	3	2
3 grams of vitamins C	3 grams	3	3
Multi vitamin	1	1	1
4 JSF	4	4	4
6 fish oil pills	6	6	6
Multi mineral	1	1	1
Multi Antioxidant	1	1	1
4 green tea pills	4	4	4
3 scopes Shooter	3	3	3
1 chromium	1	1	1
1.5 grams calcium	1.5	1	1
B complex	1	1	1
ZMA	1	1	1
10 grams creatine	10 grams	2	2
15 grams glutamine	15	3	3
		<b>41</b>	<b>40</b>
		Maximum Points	Total Points

*Daily Process goals for Diet*

Goals	Accomplishments	Maximum Points	Actual Points
Ate all pre-determined meals (1 point per meal)	8	8	8
2 salads	0	2	0
Cheat Meals <sup>2</sup>	0	—	+3
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	3	3	3
		<b>19</b>	<b>20</b>
		Maximum Points	Total Points

**Comments**

Same thing as day 6.

**Overall Summary Comments on Week 1**

Goal setting definitely works. It is so difficult to keep up with all the supplements I take, and how much food I eat. So it is very nice to come to the end of the day, and be able to see that I consumed everything I needed to! Overall, I had a really good week. I noticed that I was able to track my weaknesses, and make proper

corrections during the week. Based on my performance during week 1, I need to focus on improving the following areas of my diet and supplementation in order of importance:

- Salads - my leafy green intake was horrible this week. Usually, during my cut, I had so many greens to keep a high fiber intake, due to my lack of carbs, and to enhance satiety. Now, I just have it because I have too. I need to think of a way to increase my adherence to eating leafy greens this week.
- HMB - the problem with HMB, is that mine is the most disgusting supplement I have ever had in my life. I absolutely dread having it. So I need to design a formula that tastes good. I have no doubt that this would increase my consistency.
- Water - I really improved on this later in the week. So I just need to keep up the great work.
- Cheat foods - the week before this was thanksgiving, and my kitchen was full of all sorts of cheat foods. But I was able to stay extremely strict, especially considering the circumstances. This week should be much easier, because all the tempting foods out of my house! Also, my schedule was absolutely insane this week, and I still did not miss one single workout, and stayed very strict to my diet. The next 3 weeks of my program, I am going to have a lot more time, so I anticipate a lot of success.

Overall, I am very happy with my first week. I don't think I am going to make any serious adjustments to my diet or supplementation next week. I am very happy with my results, and how I feel.

## Summary Data

### *Supplementation and Diet Total Points Scored during Week 1*

Days	Maximum Points	Actual Points	Maximum Points	Actual Points
	Supplementation	Supplementation	Diet	Diet
Day 1	41	41	19	22
Day 2	41	41	19	20
Day 3	41	35	19	20
Day 4	41	39	19	22
Day 5	41	35	19	16
Day 6	41	40	19	20
Day 7	41	40	19	20
<b>Totals</b>	<b>287</b>	<b>271</b>	<b>133 (154 w/ E.C)</b>	<b>140</b>

This summary data shows that I missed 16 points out of 287 for my supplementation intake. And 14 (if you include extra credit) out of 154 for my diet.

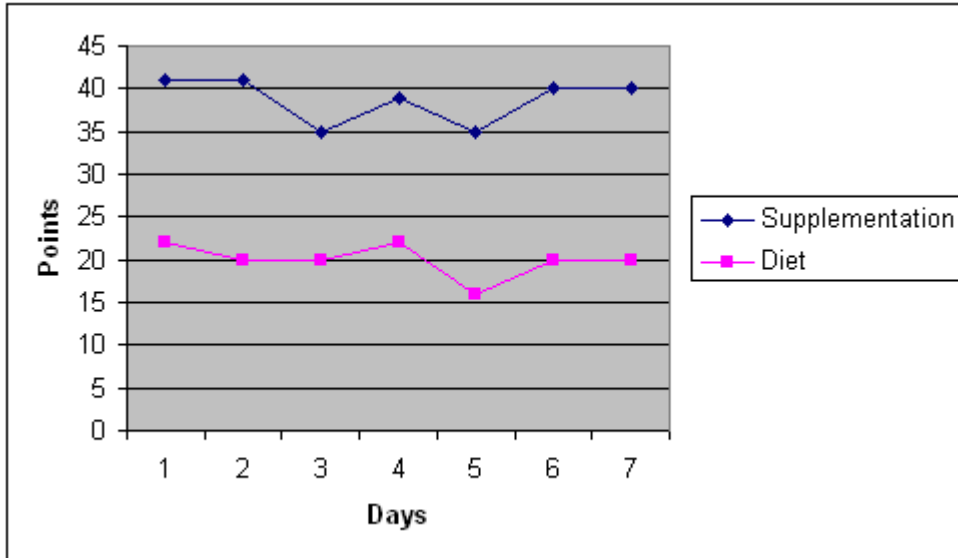


Figure 1. Points scored on Diet and Supplementation during week 1

Figure 1 graphically depicts the amount of points I scored during week 1 for my diet and supplementation. I notice that I started out great the first 2 days, then had a couple of rough days, then noticed my errors, and worked on correcting them the last couple of days, but it still did not do as good as I did at the beginning of the week. There was a .63 correlation between my diet and supplementation. This is rather small, but it would suggest that as my diet improved, so did my supplementation. I would say that was generally correct several days during this week. When I had a really busy day, both my diet and supplementation would generally suffer; and visa versa. I did not calculate the standard deviation, but you can tell by looking at the graph that I was pretty consistent.

## Notes

<sup>1</sup> Water intake does not include pre, during, or post workout water consumption.

<sup>2</sup> Cheat meals are extra credit or negative points from a scale of -3 to +3. If I have no cheat meals during the day, I get 3 points of extra credit. It is all or nothing, though. Any cheat meal is negative points, the magnitude of which is proportional to the amount of junk food I had. I will give details of what I ate in my comments.

<sup>3</sup> I will give myself points on my carbohydrate intake if I stayed strict to my pre-determined diet. If I consume, for example, a high GI carb, such as white rice, I will subtract a point. The maximum amount of points I can get is 3. I will use a bandwidth of + or - 50 calories, meaning if I deviate from my pre-determined carbohydrate intake by this amount of calories, then I won't count it against me. Same thing with fats and proteins.