

## Process Goals for Diet and Supplementation

### Day 8

#### *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	1	2	1
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>21</b>
		Maximum Points	Total Points

### Comments

This was probably my best day so far. The timing of my meals was perfect, I did not cheat at all, I had all my supplements, lots of water, and felt great. The only thing is that I missed 1 serving of vegetables. But I improved in that area, too!

**Day 9***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)	7.5	8	7.5
2 salads	1	2	1
Cheat Meals <sup>2</sup>	0	—	+3
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	2	3	2
		<b>19</b>	<b>20</b>
		Maximum Points	Total Points

**Comments**

Today was another solid day. The only thing is that I missed serving of EFA's. But I upped my carbs to compensate.

**Day 10***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	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>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

Great day, today. I had to work through a brutal schedule, but I pulled through all right.

**Day 11***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	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	2	3	2
		<b>19</b>	<b>19</b>
		Maximum Points	Total Points

**Comments**

Pretty good day. Just did not do good on my greens, and missed a serving of HMB and fat.

**Day 12***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	1 grams	3	1
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	1	2	1
Cheat Meals <sup>2</sup>	0	—	+2
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	2	3	2
		<b>19</b>	<b>19</b>
		Maximum Points	Total Points

**Comments**

Today was alright. Missed another salad, and my HMB intake was poor. Also missed a serving of EFA's. I upped my carbs a little bit, and had some high-moderate GI carbs.

**Day 13***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	1 grams	3	1
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	0	2	0
Cheat Meals <sup>2</sup>	1	—	-1
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	2	3	2
		<b>19</b>	<b>15</b>
		Maximum Points	Total Points

**Comments**

This was my worst day of the program. I went out to eat, but I did not cheat to bad. It is not to big of a deal on a bulk, but it certainly was not optimal.

**Day 14***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	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	1	2	1
Cheat Meals <sup>2</sup>	0	—	+3
Carbohydrates <sup>3</sup>	3	3	3
Proteins	3	3	3
Fats	2	3	2
		<b>19</b>	<b>21</b>
		Maximum Points	Total Points

**Comments**

Pretty good day, today.

**Overall Summary Comments on Week 2**

I did improve my water intake this week, but I still need to work on my HMB and salads. I think I found a way to increase my HMB adherence! I mix HMB with a little bit of the amino acid shooter and 5 grams of glutamine, in a small amount of water, and I can barely taste it. I think I will do great on this next week. I also cheated one

day. Overall, another solid week. If I can fix a couple of week points, I'll be right on track.

### Summary Data

#### *Supplementation and Diet Total Points Scored during Week 2*

Days	Actual Points Supplementation	Actual Points Supplementation	Maximum Points Diet	Actual Points Diet
Day 1	41	41	19	21
Day 2	41	41	19	20
Day 3	41	39	19	22
Day 4	41	40	19	19
Day 5	41	39	19	19
Day 6	41	39	19	15
Day 7	41	40	19	21
	<b>287</b>	<b>279</b>	<b>133 (154 w/ E.C)</b>	<b>137</b>

I improved by 7 points from week 1 on my supplementation! But I dropped by 3 points on diet. Primarily because of that one bad day.

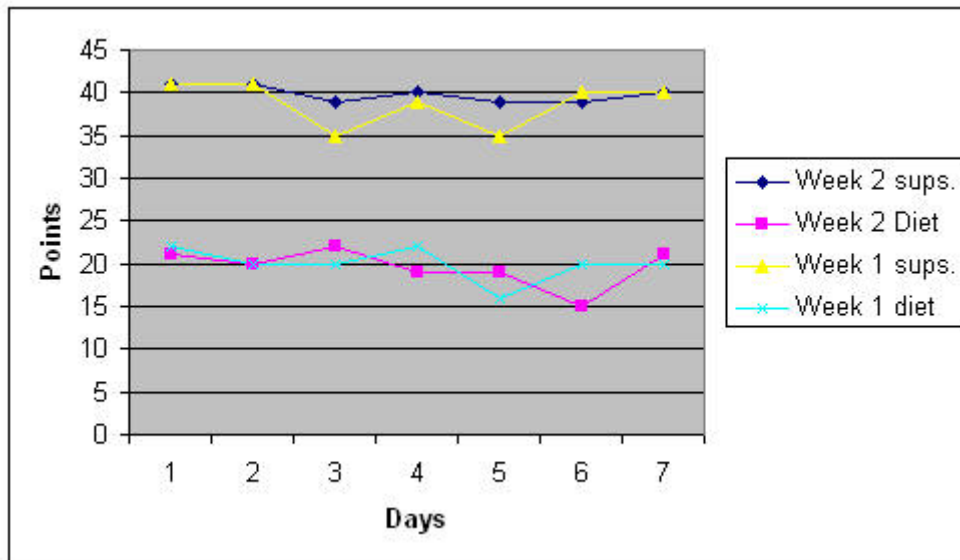


Figure 1. Points scored on Diet and Supplementation during weeks 1 & 2

Figure 1 graphically depicts the amount of points I scored during week 1 & 2 for my diet and supplementation. Similar trends, but you can see I improved my consistency in supplementation. However, my diet was not as consistent as week 1.

## 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.