

Process Goals for Diet and Supplementation

Day 15

Daily Process goals for Supplementation

| Goals | Accomplishments | Maximum Points | Actual Points |
|--------------------------------|-----------------|----------------|---------------|
| 6 liters of water ¹ | 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 |
| | | 41 | 41 |
| | | 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 ² | 0 | — | +3 |
| Carbohydrates ³ | 3 | 3 | 3 |
| Proteins | 3 | 3 | 3 |
| Fats | 3 | 3 | 3 |
| | | 19 | 22 |
| | | Maximum Points | Total Points |

Comments

Perfect day!

Day 16*Daily Process goals for Supplementation*

| Goals | Accomplishments | Maximum Points | Actual Points |
|--------------------------------|-----------------|----------------|---------------|
| 6 liters of water ¹ | 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 |
| | | 41 | 41 |
| | | 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 ² | 0 | — | +3 |
| Carbohydrates ³ | 3 | 3 | 3 |
| Proteins | 3 | 3 | 3 |
| Fats | 2 | 3 | 2 |
| | | 19 | 21 |
| | | Maximum Points | Total Points |

Comments

Did good today.

Day 17*Daily Process goals for Supplementation*

| Goals | Accomplishments | Maximum Points | Actual Points |
|--------------------------------|-----------------|----------------|---------------|
| 6 liters of water ¹ | 6 liters | 6 | 6 |
| 3 grams of HMB | 3 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 |
| | | 41 | 40 |
| | | 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 ² | 0 | — | +3 |
| Carbohydrates ³ | 3 | 3 | 3 |
| Proteins | 3 | 3 | 3 |
| Fats | 3 | 3 | 3 |
| | | 19 | 22 |
| | | Maximum Points | Total Points |

Comments

Great day, today.

Day 18*Daily Process goals for Supplementation*

| Goals | Accomplishments | Maximum Points | Actual Points |
|--------------------------------|-----------------|----------------|---------------|
| 6 liters of water ¹ | 6 liters | 6 | 6 |
| 3 grams of HMB | 2 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 |
| | | 41 | 41 |
| | | 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 | 8 | 7 |
| 2 salads | 1 | 2 | 1 |
| Cheat Meals ² | 0 | — | +3 |
| Carbohydrates ³ | 3 | 3 | 3 |
| Proteins | 3 | 3 | 3 |
| Fats | 1 | 3 | 1 |
| | | 19 | 19 |
| | | Maximum Points | Total Points |

Comments

Pretty good day.

Day 19*Daily Process goals for Supplementation*

| Goals | Accomplishments | Maximum Points | Actual Points |
|--------------------------------|-----------------|----------------|---------------|
| 6 liters of water ¹ | 6 liters | 6 | 6 |
| 3 grams of HMB | 1 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 |
| | | 41 | 41 |
| | | 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 | 2 |
| Cheat Meals ² | 0 | — | +2 |
| Carbohydrates ³ | 3 | 3 | 3 |
| Proteins | 3 | 3 | 3 |
| Fats | 2 | 3 | 2 |
| | | 19 | 22 |
| | | Maximum Points | Total Points |

Comments

Great day!

Day 20*Daily Process goals for Supplementation*

| Goals | Accomplishments | Maximum Points | Actual Points |
|--------------------------------|-----------------|----------------|---------------|
| 6 liters of water ¹ | 6 liters | 6 | 6 |
| 3 grams of HMB | 1 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 |
| | | 41 | 41 |
| | | 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 ² | 0 | — | +2 |
| Carbohydrates ³ | 3 | 3 | 3 |
| Proteins | 3 | 3 | 3 |
| Fats | 2 | 3 | 2 |
| | | 19 | 19 |
| | | Maximum Points | Total Points |

Day 21*Daily Process goals for Supplementation*

| Goals | Accomplishments | Maximum Points | Actual Points |
|--------------------------------|-----------------|----------------|---------------|
| 6 liters of water ¹ | 6 liters | 6 | 6 |
| 3 grams of HMB | 1 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 |
| | | 41 | 41 |
| | | 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 ² | 0 | — | +2 |
| Carbohydrates ³ | 3 | 3 | 3 |
| Proteins | 3 | 3 | 3 |
| Fats | 2 | 3 | 2 |
| | | 19 | 19 |
| | | Maximum Points | Total Points |

Comments

Had a few snacks today, but solid day.

Overall Summary Comments on Week 3

My two weakness were HMB and greens. I improved HMB immensely! The method of mixing 1 scoop of the amino acid shooter, 5 grams of glutamine, and 1 scoop of HMB works wonders!

I still need to work on my greens, but one salad a day on a bulk is pretty darn good.

I also had a few small cheat snacks towards the end of the week, but I stayed pretty clean.

Summary Data

Supplementation and Diet Total Points Scored during Week 3

| Days | Maximum Points | Actual Points | Maximum Points | Actual Points |
|-------|-----------------|-----------------|-----------------------------|---------------|
| | Supplementation | Supplementation | Diet | Diet |
| Day 1 | 41 | 41 | 19 | 22 |
| Day 2 | 41 | 41 | 19 | 21 |
| Day 3 | 41 | 40 | 19 | 22 |
| Day 4 | 41 | 41 | 19 | 19 |
| Day 5 | 41 | 41 | 19 | 22 |
| Day 6 | 41 | 41 | 19 | 19 |
| Day 7 | 41 | 41 | 19 | 19 |
| | 287 | 286 | 133 (154 w/ E.C) | 144 |

I have maxed out my supplementation! I have this down. My diet is going great. I just need to work on my greens, and make sure I stay strict.

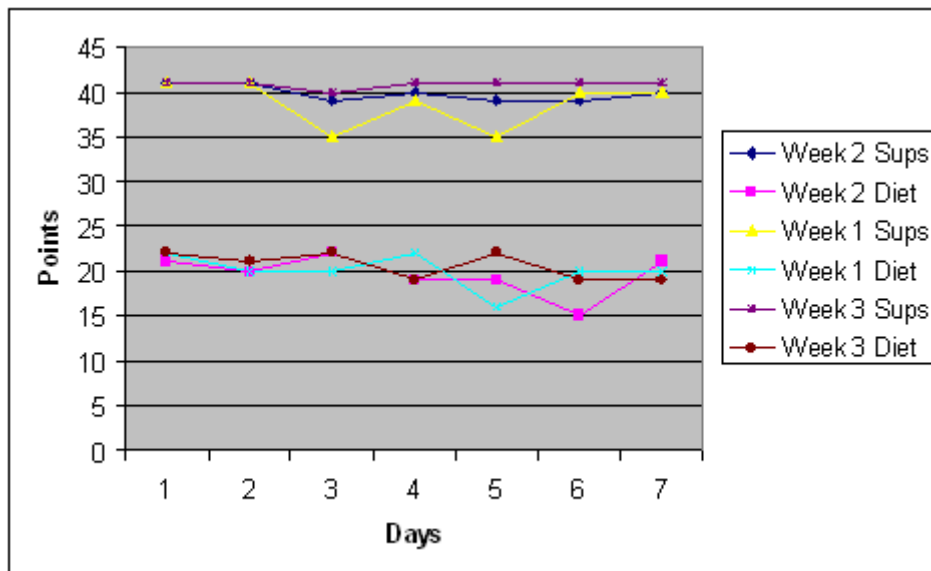


Figure 1. Points scored on Diet and Supplementation during weeks 1, 2, & 3

Figure 1 graphically depicts the amount of points I scored during week 1, 2, and 3 for my diet and supplementation. Similar trends, but you can see I improved my consistency in supplementation and diet over all 3 weeks.

Notes

¹ Water intake does not include pre, during, or post workout water consumption.

² 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.

³ 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.