

Self Analysis Part 2

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Introduction

This analysis sheet goes hand and hand with the article " The Ultimate Guide To Bodybuilding: "Self Analysis Part 2 " It's vital that you use the article as a guide to filling out this sheet! I will, however, place small notes to further assist you in this process. It is important to realize that you very well may be taking the most vital steps ever in your bodybuilding program by completing this self analysis! Enjoy your gains!

I. 1. Meal Frequency

How many meals a day do you consume on average. Check the box that applies to you.

- a. I absolutely suck, because I only eat 3 meals a day! ()
- b. I eat 4-5 meals a day, not great, but I am certainly average in this category ()
- c. I am very good in this category, I always get six meals a day! ()
- d. I eat like a pro! Of that there is no doubt! I get 7-8 meals in me everyday! ()

If you have a deficiency in this category, explain it and how you might correct it below.

II. Water Consumption: Water = Anabolic (Muscle Building)

Are you consuming enough water on a daily basis?

- a. Just thinking about my water intake disgusts me! The only fluids I get are sodas with meals. ()
- b. I get a cup or two of water with all of my meals, I am certainly not great but average here. ()
- c. I drink like a pro! Of that, there is no doubt! I don't remember the last time I was thirsty! ()

If you have a deficiency in this category, explain it and how you might correct it below.

III. Protein Intake -

Check The box below that applies to you

- a. I honestly don't know why I even train with weights, my protein intake isn't sufficient for a little girl! ()
- b. I get 1 gram of protein per pound of bodyweight a day, not great, but certainly good ()
- c. Hold on I have to finish my protein shake before I check the box! 1.5 grams a day! ()

If you have a deficiency in this category, explain it and how you might correct it below.

IV. Carbohydrate Intake

Check The box below that applies to you. Of course this is applicable to whether you are dieting or bulking, so judge yourself on that basis. If I say " I get a sufficient amount of clean starchy carbs, and you are dieting, then the statement " sufficient " applies to your situation.

- a. I get most of my carbs from pure junk, ice cream, candy etc. ()
- b. I get plenty of clean starchy carbs, but not enough greens in my diet ()
- c. I get a proper balance of both leafy green veggies and clean starchy carbs every day! ()

If you have a deficiency in this category, explain it and how you might correct it below.

V. Essential Fatty Acid Intake -

Check The box below that applies to you

- a. I don't eat fish, or use any supplement in this are! ()
- b. I eat fish several times a week, so I am pretty good in this area ()
- c. People think I am a sicko when I cook my vegetables in flax seed oil!!! ()

If you have a deficiency in this category, explain it and how you might correct it below.

VI. Meal Balance

Check The box below that applies to you.

- a. I eat whatever my mommy feeds me, whether its balanced or not. ()
- b. My meals are usually balanced. However about 2 out of my 6 are either only a carb or a protein ()
- c. If my meals don't contain a proper balance of carbs and proteins I don't eat them! ()

note: again proper must apply to whether you are bulking or cutting.

If you have a deficiency in this category, explain it and how you might correct it below.

VII. Nutrition For Gaining Mass -

Check The box below that applies to you

- a. I am crying right now, I can't gain weight because I don't have the will power to eat enough! ()
- b. I want to look pretty, even though I have no muscle I don't want to lose my six pack,
I am a disgusting back street boy ()
- b. I could be eating more, but I gain a half a pound every other week, I can do better but... ()
- c. I eat perfect! Hungry or not, I get a big meal in me! I gain one to two pounds a week! ()

If you have a deficiency in this category, explain it and how you might correct it below.

VIII. Burning Fat

Check The box below that applies to you.

- a. I starve myself, even though I know that I am losing all of my muscle. ()
- b. My will power is non existent, I keep telling myself that a few slices of pizza wont hurt me ()
- c. I eat rather clean on my cut, every once in a while I slip but for the most, part I stick to the program! ()
- d. I am a machine! I have brought my body under complete control! I don't even know the meaning of cheat!
Calorie cycling, yes, but cheat, no! ()

If you have a deficiency in this category, explain it and how you might correct it below.

VIII. Supplementation

This category is a bit more wide open. What I will do is place the top supplements down and allow you to comment on them. For example:

Protein Supplementation:

Here are the supplements that I discussed in the article.

1. Multi-Vitamin/ Multi-Mineral

2. Vitamin C

3. Chromium

4. Protein Supplements

5. Creatine

6. Glutamine

7. Flax Seed Oil

8. ZMA

Notes On Overall Nutritional Program - If you have any brief notes place them here:

Conclusion - (I would suggest summing everything up with your own conclusion, to re-affirm exactly how you are going to address your program.):