

Nutrition Homework- Week 1

My goal in 3 months is _____

(i.e., Lose Body Fat, Gain high quality weight, Maintain)

My Current Weekly Schedule Consists of (fill in the blanks below)

Time I Wake Up: _____
Work Hours: _____
Time I can Train: _____
Time I go to Bed: _____

I Can Realistically Eat _____ per day

I Enjoy These Specific Foods the Most (list a mix of "clean" and "dirty" foods):

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I Prefer a Higher Carb/Lower Fat, Higher Fat/Lower Carb, or Balanced Nutrition Program? (circle one)

My Top 5 Struggles That Prohibit me From Being Consistent with my Nutrition Program are:

- 1.
- 2.
- 3.
- 4.
- 5.

