



## Compliance Chart:

Habit 1: Eat every 4-5 times/day or every 3-4 hours

Habit 2: Eat complete, lean protein with each eating opportunity.

Habit 3: Eat vegetables with each eating opportunity.

Habit 4: Eat veggies and minimal fruits with any meal. Eat "other carbs" only after exercise.

Habit 5: Eat healthy fats daily.

Habit 6: Don't drink beverages (soda diet or otherwise, beer, etc.) with more than 0 calories. Do drink Water, black, unsweetened coffee and unsweetened teas

Habit 7: Eat whole foods whenever possible.

<i>X= Compliant   0= Missed Meal   * = Non-compliant meal/cheat</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes:

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