

Instructions: Record **every** food you eat, the time you ate it, and put an “X” in the correct nutrient boxes.

Time	Meal	Carb	Fat	Pro	Veg
#1					
#2					
#3					
#4					
#5					
#6 For males or <u>VERY</u> active females					
Misc. product apart from meals	() Spark				
	() A Supreme				
	() Muscle Fuel				
	() V-16				
	() Coffeccino				

Place an “x” for every cup of water () () () () () () () () () () () () () () ()
 To access this document, please visit www.bigbelief.com (pass code: spark) under the “Commit2Fit” Tab