IDEAL PROTEIN

POWERING *life* POSSIBLE

Weight Loss

Phase 1

My Daily Journal

Phase 1

Congratulations on committing to your transformation.

We know you're busy and on-the-go. We're here to help you prioritize your goals and ensure your success.

This journal gives you some much-needed structure when it comes to personalizing and customizing your experience. Writing down what you eat may seem like one extra thing to do each day, but it's a super efficient way to share your progress with your coach and helps keep you motivated and on track with just enough structure to stay organized so you can have the space to live your life.

Use this planner for self-care, reflection, and, most of all, success. Want to know how you're tracking?
Write it down.

Appointments

Notes

My Daily Journal

Date _____

Foods I Ate or Drank & Portion Sizes	IP Food	Macro Requirements	Micro Requirements	Water: 64 oz./d Min
Breakfast		◯ Ideal Protein food	◯ 1 Multi-Vita ◯ 1 Potassium	◯ 8 oz. ◯ 8 oz.
Lunch		◯ Ideal Protein food ◯ 2 c. Vegetables ◯ Oil (2 tsp./day total)	◯ 1 Multi-Vita ◯ 1 Omega-3 Plus ◯ Ideal Salt* (¼ tsp./day total) *or sea salt	◯ 8 oz. ◯ 8 oz.
Dinner		◯ 4–6 oz. Whole Protein ◯ 2 c. Vegetables ◯ Oil (2 tsp./day total)	◯ 1 Omega-3 Plus ◯ 2 Cal-Mags ◯ Ideal Salt* (¼ tsp./day total) *or sea salt	◯ 8 oz. ◯ 8 oz.
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Duration _____ *hrs. / mins.*

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Snack		◯ Ideal Protein food	◯ 2 Cal-Mags	◯ 8 oz. ◯ 8 oz.

Limited: Zero-sugar sweeteners/ products (4 servings per day)

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◯ _____
◯ _____

Exercise ◯ Yes ◯ No

Time _____ *a.m. / p.m.*

Duration _____ *hrs. / mins.*

Type of exercise _____

Discuss with my coach

How was your day?

My Daily Journal

Date _____

Foods I Ate or Drank & Portion Sizes	IP Food	Macro Requirements	Micro Requirements	Water: 64 oz./d Min
Breakfast		◯ Ideal Protein food	◯ 1 Multi-Vita ◯ 1 Potassium	◯ 8 oz. ◯ 8 oz.
Lunch		◯ Ideal Protein food ◯ 2 c. Vegetables ◯ Oil (2 tsp./day total)	◯ 1 Multi-Vita ◯ 1 Omega-3 Plus ◯ Ideal Salt* (¼ tsp./day total) *or sea salt	◯ 8 oz. ◯ 8 oz.
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Notes

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