

Adrian's Flat Belly "Cheat Sheet"

Day/Date: _____ Nutrition Day Type: _____
 Training Protocol: _____ Exercise Completed: _____

Time Of Day	Food Type P:S:O:F:V	Carbs (g)	Fat (g)	Protein (g)	Total Calories	Water Ounces	Supplements

P = Protein S = Starch O = Oil/Fat F = Fruit V = Veggies

The Great 8

Spiritual Growth	Yes / No
Feed Mind	Yes / No
Exercise Completed	Yes / No
Food & Water Logged	Yes / No
Serve Others	Yes / No
To Do items	Yes / No
Increase Knowledge & Wisdom	Yes / No
Plan & Prepare Next Day	Yes / No

Today's "Win List" (To Do Items)

- | | |
|----------|---------------------|
| 1. _____ | Completed: Yes / No |
| 2. _____ | Completed: Yes / No |
| 3. _____ | Completed: Yes / No |
| 4. _____ | Completed: Yes / No |
| 5. _____ | Completed: Yes / No |

Notes, misc business to handle:
