Shaun's Flat Belly "Cheat Sheet"

Day/Date: _____ Nutrition Day Type: _____

Training Protocol: _____ Exercise Completed: _____

Time of Day	Food Type: P/S/O/F/V	Carb Grams	Protein Grams	Fat Grams	Total Calories	Water Ounces	Supplements

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

The Great 8

1) Spiritual Growth: Yes / No
2) Feed Mind: Yes / No
3) Exercise Completed: Yes / No
4) Food & Water Logged: Yes / No
5) Serve Others: Yes / No
6) To Do items: Yes / No
7) Increase Knowledge & Wisdom: Yes / No
8) 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: _____

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