



**MOXIFIT**

# Steps to Success

Today: \_\_\_\_\_

**MEAL 1**

Time: \_\_\_\_\_ am/pm

Self prepared  Ate out

**MEAL 2**

Time: \_\_\_\_\_ am/pm

Self prepared  Ate out

**MEAL 3**

Time: \_\_\_\_\_ am/pm

Self prepared  Ate out

**SNACK**

Time: \_\_\_\_\_ am/pm

**DAILY OPTIONS**

\_\_\_\_\_ Time: \_\_\_\_ am/pm

\_\_\_\_\_ Time: \_\_\_\_ am/pm

\_\_\_\_\_ Time: \_\_\_\_ am/pm

\_\_\_\_\_ Time: \_\_\_\_ am/pm

Self prepared  Ate out

Daily Effort % \_\_\_\_\_

Water \_\_\_\_\_  
 = 8 oz

Sleep (hours) \_\_\_\_\_

Steps \_\_\_\_\_

- Essentials  Select
- Vegetables
- 8 oz Protein

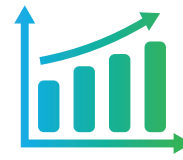
**Supplements**  
 Multi  Electrolytes      
 BCAA  Others \_\_\_\_\_

Stress Level  0  1  2  3  4  5  
 (circle)  6  7  8  9  10

Exercise Type & Duration  
 \_\_\_\_\_

Yes  No

BG #'s \_\_\_\_\_  
 BP #'s \_\_\_\_\_



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**SNACK**

Time: \_\_\_\_\_ am/pm

**DAILY OPTIONS**

\_\_\_\_\_ Time: \_\_\_\_ am/pm

\_\_\_\_\_ Time: \_\_\_\_ am/pm

\_\_\_\_\_ Time: \_\_\_\_ am/pm

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BG #'s \_\_\_\_\_  
 BP #'s \_\_\_\_\_