

Podaima Performance

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Daily And Weekly Checklist

Daily Checklist

- Drink sludge first thing in morning.
- Take morning supplements with meal.
- Meat and nuts breakfast or whole eggs.
- Lunch is protein+produce only.
- Supper is protein+produce only.
- Take fish oil with meals.
- Meet daily protein requirements.
- Eat a meal every 5-6 hours.
- Take evening supplements.
- Do not eat anything 4 hours before bed.
- Eat 30-50g carbs.
- Do not eat 12 hours between supper and breakfast.
- Get 7-9 hours sleep.

Weekly Checklist

- I have weighed in.
- I have entered my information into “Client Progress” spreadsheet and emailed it back.
- I made my 3 weight training sessions.
- I have had my 1 cheat meal.
- I have done a 16 hour fast 1 day this week.