

Compliance Chart 1					109 S. Alfred St. Alexandria VA 22314 571-271-7007 GetFit@sandandsteelfitness.com
Client Name	I	II	III	IV	V
Day	Food Log	More calories for bfast	Pair fruits with fiber	20-30 grams of protein before worko	1 scoop of protein after workout
6/26/2015	None				
6/27/2015	None				
6/28/2015	None				
6/29/2015	None	Egg	Apricot	Questbar	Whey
6/30/2015	None	2 Eggs	Apricot	Questbar	
7/1/2015	None	Egg	Apricot	Questbar	Whey
7/2/2015	None	Egg			
7/3/2015	None	Egg			
7/4/2015	None	2 Eggs	Watermelon		
7/5/2015	Required	Egg		Questbar	
7/6/2015	Required	Egg		Questbar	Whey
7/7/2015	Required	Egg		Questbar	Whey
7/8/2015	Pictures & Nutrition				
7/9/2015	None				
Compliance Chart Raise calories, CH					109 S. Alfred St. Alexandria VA 22314 571-271-7007 GetFit@sandandsteelfitness.com
Client Name	I	II	III	IV	V
Day	Food Log	Breakfast 500 Calories (whole grain oa	What extra three carb servings did I e	Nuts, Avocado, olives	
6/26/2015	None				
6/27/2015	None				
6/28/2015	None				
6/29/2015	None	Egg	Apricot	Questbar	
6/30/2015	None	2 Eggs	Apricot	Questbar	
7/1/2015	None	Egg	Apricot	Questbar	
7/2/2015	None	Egg			
7/3/2015	None	Egg			
7/4/2015	None	2 Eggs	Watermelon		
7/5/2015	Required	Egg		Questbar	
7/6/2015	Required	Egg		Questbar	
7/7/2015	Required	Egg		Questbar	
7/8/2015	Pictures & Nutrition				
7/9/2015	None				
Compliance Chart 3					109 S. Alfred St. Alexandria VA 22314 571-271-7007 GetFit@sandandsteelfitness.com
Client Name	I	II	III	IV	V
Day	Food Log	1800-2000 (WORKOUT DAYS)	30 grams of CHO in on meal max	At least 140 grams protein on workout days	
6/26/2015	None				
6/27/2015	None				
6/28/2015	None				
6/29/2015	None				
6/30/2015	None				
7/1/2015	None				
7/2/2015	None				
7/3/2015	None				
7/4/2015	None				
7/5/2015	Required				
7/6/2015	Required				
7/7/2015	Required				
7/8/2015	Pictures & Nutrition				
7/9/2015	None				