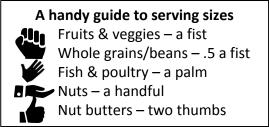


Strength: 2-3 days/week

Cardio: 2-3 days/week

Stretch: 1-7 days/week



Standard drinks

Beer: 12oz

Malt liquor: 8oz

ਊ Wine: 5oz ਡਿ Hard liquor: 1.5oz

						•
Sun	Mon	Tue	Wed	Thur	Fri	Sat
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
<u>~</u> *♥#	△*♥ €	~*♥ *	<u>~</u> *♥#	△*♥ €	~*♥ \$	<u>~</u> *♥#
Food	Food	Food	Food	Food	Food	Food
Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Whole Grains	Whole Grains	Whole Grains	Whole Grains	Whole Grains	Whole Grains	Whole Grains
1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
Plant Protein	Plant Protein	Plant Protein	Plant Protein	Plant Protein	Plant Protein	Plant Protein
1 2	1 2	1 2	1 2	1 2	1 2	1 2
Alcohol	Alcohol	Alcohol	Alcohol	Alcohol	Alcohol	Alcohol
Tobacco? □	Tobacco? □	Tobacco? \square				

Alcohol

Note the number of standard drinks you have each day

Standard Drink	# of standard drinks in:				
Beer or Cooler					
12 oz	12 oz = 1 16 oz = 1.3 22 oz = 2 40 oz = 3.3				
Malt Liquor					
8 oz	12 oz = 1.5 16 oz = 2 22 oz = 2.5 40 oz = 45				
Wine —					
5 oz	750mL (25 oz) bottle = 5				
Hard Liquor (80-proof Spirits)					
	a mixed drink = 1-3 a pint (16 oz) = 11 a fifth (25 oz) = 17				
1.5 oz shot	1.75L (59 oz) = 39				

Tobacco

Check the box on each day that you use any type of tobacco product.

Below, please check which type(s) of tobacco you use.

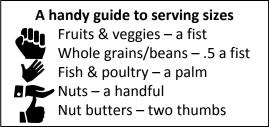
- ☐ Cigarettes
- ☐ Cigars
- ☐ Little cigars, cigarillos (Black and Mild, Swisher Sweets)
- ☐ Vaping (Vape Pen, Juul, e-Hookah, Hookah Pen)
- ☐ Waterpipes (Hookah, Shisha, Narghile, Argileh)
- ☐ Chewing tobacco or snuff or snus



Strength: 2-3 days/week

Cardio: 2-3 days/week

Stretch: 1-7 days/week



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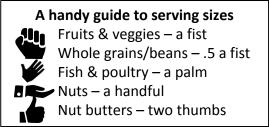
						•
Sun	Mon	Tue	Wed	Thur	Fri	Sat
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
<u>~</u> *♥#	△*♥ €	~*♥ *	<u>~</u> *♥#	△*♥ €	~*♥ \$	<u>~</u> *♥#
Food	Food	Food	Food	Food	Food	Food
Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Whole Grains	Whole Grains	Whole Grains	Whole Grains	Whole Grains	Whole Grains	Whole Grains
1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
Plant Protein	Plant Protein	Plant Protein	Plant Protein	Plant Protein	Plant Protein	Plant Protein
1 2	1 2	1 2	1 2	1 2	1 2	1 2
Alcohol	Alcohol	Alcohol	Alcohol	Alcohol	Alcohol	Alcohol
Tobacco? □	Tobacco? □	Tobacco? \square				



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<u>~</u> *♥#	△*♥ €	~*♥ *	<u>~</u> *♥#	△*♥ €	~*♥ \$	<u>~</u> *♥#
Food	Food	Food	Food	Food	Food	Food
Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies	Fruits & Veggies
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Whole Grains	Whole Grains	Whole Grains	Whole Grains	Whole Grains	Whole Grains	Whole Grains
1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat	Unsaturated Fat
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry	Fish & Poultry
1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
Plant Protein	Plant Protein	Plant Protein	Plant Protein	Plant Protein	Plant Protein	Plant Protein
1 2	1 2	1 2	1 2	1 2	1 2	1 2
Alcohol	Alcohol	Alcohol	Alcohol	Alcohol	Alcohol	Alcohol
Tobacco? □	Tobacco? □	Tobacco? \square				