



### **TRAINING DAYS**

- ☐ Selected exercise caused zero pain anywhere other than the target trained muscle
- ☐ Did an activation pre workout
- ☐ Did no more than 2 working sets per exercise
- ☐ Used 2 or less exercises per body part
- ☐ Used a log book/videoed top sets
- ☐ No screen time (phone, tablet, TV) 2 hours prior to bed
- ☐ Did not eat any food that gives me gas, bloat, diarrhea, allergy like symptoms (hard time breathing, restricted airway), or skin problems
- ☐ Planned/prepped/properly timed a high protein, high fat, low(ish) carb pre workout meal
- ☐ Planned/prepped/properly timed my highest carb, lowest fat meal post training
- ☐ Highest protein meals were pre and post training
- ☐ Ate something green (veggies) with at least 2 meals
- ☐ Consumed less than 200mg caffeine (total) on training days, either AM or pre workout

### **OFF DAYS**

- ☐ Minimum of 20 minutes steady state cardio outside and/or activations (inside)
- ☐ Did not eat any food that gives me gas, bloat, diarrhea, allergy like symptoms (hard time breathing, restricted airway), or skin problems
- ☐ No screen time (phone, tablet, TV) 2 hours prior to bed
- ☐ No caffeine on off days
- ☐ Ate something green (veggies) with every meal

### **AFTER SPLIT COMPLETED**

- ☐ Currently using 8 day (or more split)
- ☐ Trained lagging body part at least twice during 8 day split
- ☐ Did not train strong body part more than once during 8 day split
- ☐ Have not trained more than 3 days consecutively