**COMPLIANCE CHART TO PIN UP**

With this chart you just need to either tick or note a number or word in the rows for each day.

This chart contains the 7 basics you should be aiming to get 80% right (minimum) to give yourself the best shot at optimising hormones which underpin ANY RESULTS you will get.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Training/  Physical Activity was completed as per the plan | I drank 1 litre of Water for every 50lbs of body mass  (if not note how much) | I slept for …….. hours and went to bed before 10pm | My first meal of the day contained a lean source of protein (egg, chicken, turkey, beef, fish, beans or pulses) | I ate three meals that contained only natural ingredients | I ate my last main meal before 8pm (snacks after should be detailed) | I used supportive nutrition (Tulsi tea, magnesium, fish oils, BCAA’s, milk thistle etc) |
| Monday |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |

NOTES :