

Today's workout

description of today's physical activity

A tip!

If you're having trouble downing your full 64 oz. of water each day, you can substitute herbal tea or sparkling water with a little splash of fruit juice (watch the sugar!). Soft drinks, coffee and black teas aren't as helpful because they contain caffeine which is a diuretic.

rate it:

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- skipped it cruised made the goal amped my effort kicked ass!

Notes on the day

a word on the day

rate each with one word

- Energy level _____
- Stress level _____
- Hunger level _____
- Comfort level _____
- Mood _____
- Commitment _____
- Focus _____
- Support _____

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A tip!

Have to "eyeball" your portions? Three ounces of protein measures up to a deck of cards or a checkbook. One ounce cheese equals about four dice. For a teaspoon of fat look to the tip of your thumb.

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Decypher the grocery store fat lingo like this:
"Fat Free" means less than .5 grams of fat per serving.
"Low-Fat" is 3 grams of fat or fewer per serving.
"Reduced" or "Less" Fat has at least 25% less fat than the full fat product.
"Light" At least, one-third fewer calories or one-half the fat of the full-fat version.

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A fact!

Your multi-vitamin probably contains only 25% of the RDA of Magnesium, a mineral with an important role in many body processes, including fat oxidation, protein synthesis, and food breakdown. Researchers exploring magnesium's hormonal, neuromuscular and cardiovascular functions say Magnesium may have a role in muscle recovery after exercise. So go for magnesium-rich greens. Spinach delivers about 8g with every large leaf!

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A tip!

Research shows that your brain may not signal a feeling of fullness until 10 minutes after you stop eating. Also found: the signal is slower (by 2 minutes) and weaker in obese people. So try waiting out that desire for second helpings. Drink a big glass of water after your meal and wait 20 minutes. Then tune in to how you are really feeling.

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A tip!

Low-calorie diet got you queasy? Take a moment to sit down and have a small protein rich snack -- one or two ounces of skinless chicken or an ounce of low-fat cheese. Most times the sickish feeling will pass within 10 minutes.

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