



QUARTERLY PLANNING WORKSHEET

Fill this out at the start of each new phase. Review it at the end.

Phase: _____ :

Starting Weight: _____ lbs

Date Range: _____ to _____

Goal Weight: _____ lbs

MY NUMBERS THIS PHASE

Daily Calories: _____ kcal

Protein: _____ g

Carbs: _____ g

Fat: _____ g

Daily Water: _____ oz

Creatine Dose: _____ g

PHASE GOALS

What are 3 specific goals for this phase?

1. _____
2. _____
3. _____

POTENTIAL OBSTACLES

What could derail you this phase? Plan for it now.

1. _____
2. _____
3. _____

WEEKLY COMMITMENT

Check these off every week. Consistency wins.

- | | |
|---|--|
| <input type="checkbox"/> Log food daily (at least 5 of 7 days) | <input type="checkbox"/> Weigh in 3x this week |
| <input type="checkbox"/> Hit protein target daily | <input type="checkbox"/> Hit hydration target daily |
| <input type="checkbox"/> Complete all scheduled training sessions | <input type="checkbox"/> Submit weekly check-in on dashboard |

END-OF-PHASE REVIEW

Fill this out at the end of the phase. Be honest.

Ending Weight: _____ lbs

Phase Change: _____ lbs

What worked:

What didn't:

What I'll do differently next phase: