



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: _____	