


## Sheet Tracker.

*(Print before you begin reading the guide.)*

As you read through the eCourse and see a  stop sign, fill out the **BLANKS** below. Your workout schedule made specifically for bulking up with P90X is also included.

## I. Diet.

### A. Calculate Your Caloric Surplus.

I need to eat \_\_\_\_\_ calories a day to gain \_\_\_\_\_ pound(s) per week.

### B. Breakdown Your Caloric Intake Into 6 Meals.

My total daily number of calories \_\_\_\_\_ divided by 6 equals the amount of calories I need to eat at each meal \_\_\_\_\_.

### C. Breakdown Your Carb, Protein, and Fat Intake into calories.

My carb \_\_\_\_\_, protein \_\_\_\_\_, and fat \_\_\_\_\_ calorie breakdowns.

### D. Post Workout Nutrition.

For my post workout meals, I know that I need to consume protein, complex carbs, simple carbs, and greens. This is what I am going to eat after each meal:

1. Protein: \_\_\_\_\_ [Optimum Nutrition](#) recommended
2. Complex Carbs: \_\_\_\_\_ Oatmeal recommended
3. Simple Carbs: \_\_\_\_\_ Honey 1tbsp recommended
4. Greens: \_\_\_\_\_ [Shakeology](#) recommended

### E. Bed Time Meal.

Before bed time, I am going to consume \_\_\_\_\_ with \_\_\_\_\_.

### F. 1/2 Cup of Vegetables at Each Meal.

I am going to consume \_\_\_\_\_ servings of vegetables a day at 1/2 cup each meal. I am also going to drink [Shakeology](#), the most important meal of the day, post workout. Without Shakeology, I know that my body will stay in an acidic state, store more fat, lose more muscle, and be more prone to illness.

## II. Exercise.

### **Block 1, phase 1** **Weeks 1 through 3**

Day 1: Chest, Shoulders, & Triceps  
Day 2: Cardio X, Ab Ripper X  
Day 3: Legs & Back  
Day 4: X Stretch; Ab Ripper X or Abs/Core Plus  
Day 5: Back & Biceps  
Day 6: Yoga X or Off\*  
Day 7: Off

Reps: 8 to 12, but focus on 10 to 12.

### **Block 1, phase 2** **Weeks 4 through 6**

Day 1: Chest & Back  
Day 2: Cardio X, Ab Ripper X  
Day 3: Shoulders & Arms  
Day 4: X Stretch; Ab Ripper X or Abs/Core Plus  
Day 5: Legs & Back  
Day 6: Yoga X or Off\*  
Day 7: Off

Reps: 8 to 12, but focus on 10 to 12.

### **Recovery Block** **Week 7**

Day 1: X Stretch  
Day 2: Yoga X or Off  
Day 3: Core Synergistics  
Day 4: Kenpo X  
Day 5: Yoga X or Off\*  
Day 6: X Stretch  
Day 7: Off

### **Block 2, phase 1** **Weeks 8 and 9**

Day 1: Chest, Shoulders, & Triceps  
Day 2: Cardio X, Ab Ripper X  
Day 3: Legs & Back  
Day 4: X Stretch; Ab Ripper X or Abs/Core Plus  
Day 5: Back & Biceps  
Day 6: Yoga X or Off\*  
Day 7: Off  
Day 8: Chest & Back  
Day 9: Cardio X, Ab Ripper X  
Day 10: Shoulders & Arms  
Day 11: X Stretch; Ab Ripper X or Abs/Core Plus  
Day 12: Legs & Back  
Day 13: Yoga X or Off\*  
Day 14: Off

Reps: 6 to 10

### **Block 2, phase 2** **Weeks 10 and 11**

Same schedule as weeks 8 and 9

Reps: 4 to 8

### **Block 2, phase 3** **Week 12**

Same schedule as weeks 8 and 9

Reps: 4 to 6

\*Source: [Beachbody](#) recommends doing Yoga X, but I give you the "or off" option.

### III. Rest.

List the 4 facts that you learned about resting below:

- A.
- B.
- C.
- D.

## IV. What Do I Need?

### A. P90X Workout Program.

| Regular Price                        | Price    | Location                       |
|--------------------------------------|----------|--------------------------------|
| <a href="#">P90X Workout Program</a> | \$119.85 | <a href="#">Team Beachbody</a> |

| Super Discount                       | Price   | Location                   |
|--------------------------------------|---------|----------------------------|
| <a href="#">P90X Workout Program</a> | \$89.89 | <a href="#">Contact Me</a> |

### B. Supplements.

| Recommended                         | Price    | Location                       |
|-------------------------------------|----------|--------------------------------|
| <a href="#">Optimum N. Whey</a>     | \$52.99  | <a href="#">Amazon</a>         |
| <a href="#">Optimum N. Creatine</a> | \$34.99  | <a href="#">Amazon</a>         |
| <a href="#">Shakeology</a>          | \$119.95 | <a href="#">Team Beachbody</a> |

| Super Discount                     | Price   | Location                   |
|------------------------------------|---------|----------------------------|
| <a href="#">Body Fortress Whey</a> | \$18.99 | <a href="#">Amazon</a>     |
| Body Fortress Creatine             | \$14.95 | Walmart                    |
| <a href="#">Shakeology</a>         | \$89.96 | <a href="#">Contact Me</a> |

### C. Exercise Equipment.

| Recommended                          | Price    | Location               |
|--------------------------------------|----------|------------------------|
| <a href="#">Powerblock Dumbbells</a> | \$338.00 | <a href="#">Amazon</a> |
| <a href="#">Doorway Pull Up Bar</a>  | \$20.00  | <a href="#">Amazon</a> |

| Super Discount                      | Price    | Location               |
|-------------------------------------|----------|------------------------|
| <a href="#">Bayou Dumbbells</a>     | \$149.95 | <a href="#">Amazon</a> |
| <a href="#">Doorway Pull Up Bar</a> | \$20.00  | <a href="#">Amazon</a> |

## V. FAQ.

If you have any questions, you can contact me at [taylor@91daychallenge.com](mailto:taylor@91daychallenge.com), or on [Facebook](#).

91 Day Challenge

## VI. This Is What You Want, Right?

If you didn't want to build muscle, you wouldn't be reading this guide. Why do you want to build muscle? Take the time to jot down a few reasons below:

1.

2.

3.

4.

5.

6.