

Please take a few moments to record your current body fat percentage and determine your nutrition level. The data you provide will determine how much food you need (and how much you don't need) while you go through P90X.

PROGRESS ASSESSMENT

	FIT RANGE	ATHLETE RANGE	ELITE ATHLETE RANGE
MEN	14-17%	10-13%	6-9%
WOMEN	21-24%	16-20%	12-15%

BODY FAT TARGET

Lowering your body fat and increasing lean muscle mass is essential to your overall success. Because of this, it is important to track your progress throughout this program by measuring and recording your body fat percentage at the end of each phase.

To get started, use the body fat measurement you assessed prior to taking your Fit Test (see the P90X Prep section of the *P90X Fitness Guide*), or simply use a body fat caliper (available at Beachbody.com) and record your results here.

	CURRENT BODY FAT %	NOTES
Start (Prior to Day 1)		
Day 28 (Phase 1 completed)		
Day 56 (Phase 2 completed)		
Day 90 (Phase 3 completed)		

DETERMINE YOUR NUTRITION LEVEL

Your nutrition level is based on the daily amount of calories your body needs for optimal health and performance during this extreme fitness program.

To determine your nutrition level, simply complete the following 4 steps.

P90x Nutrition Guide

RS Peters

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'RS Peters' text.

P90x Nutrition Guide:

My P90x Nutrition Plan, 2012 3 5 14 The website issue has now been resolved P90x Beachbody's extreme fitness program is hard enough without worrying about planning your meals using the P90x nutrition guide This handy meal plan with shopping lists for Phase 1 Level II removes the guesswork Provides variety and comfort foods uses common ingredients and leftovers and is designed for lunches at work Also includes cost saving tips for accomplishing P90x on a budget This 28 day plan Uses a good variety of recipes so you don't get bored Uses enough repetition so that you're not learning a new recipe for every meal Includes comfort foods and family friendly meals nothing weird or uber healthy tasting Cuts costs at every turn Re uses ingredients so you're not letting good food go bad Uses up leftovers With portable easier lunches that can be taken to work Thank you for your rave reviews and support Due to popular demand I'm currently working on a Level II Phase 2 meal plan

Diet and Bodyweight Training Fundamentals for Men and Women Daisy Edzel, 2018-05-12 Have you ever felt unattractive like your body is not your friend Maybe you know that you look good and that your physical attributes are fine But wouldn't it be better to feel more than fine about your body In short don't you think it is about time for you to get into your best shape and give yourself the chance to feel fit healthy and happy at the same time Well that can happen NOW LEARN ABOUT THE RIGHT WAYS TO STAY IN SHAPE You see there are so many supplements and products in the market that promise to give you your best body in no time But more often than not those promises just turn out to be broken and in the long run you'll just find yourself wishing you did not believe them in the first place This book won't give you any unnecessary promises but rather would help you understand that you have it in you to change the course of your life and your body With the help of this book you'd learn all about weight training what it is how it can turn things around for your body and what kind of systems you can try so you could get into your best shape BUT I AM NOT STRONG ENOUGH I know You may feel like Weight Training is such a strong word but as you come to read this book you will realize that with enough power and commitment it is so possible to follow various weight training systems such as HIIT or High Intensity Interval Training Kinobody Crossfit P90x and others You'll understand what each of these systems mean and by doing so you would be able to choose the system that you feel would work best for you based on your body type the activities you're used to doing and how you think these systems would fit right into your schedule Lots to look forward to But of course getting in shape does not just end with choosing a good weight training system It always has to be a holistic process so you'd know that what you're doing would actually work not just at the present moment but more so in the long run By reading this book you would also learn about The Ketogenic Diet and why it works best with weight training Intermittent Fasting more popularly known as IF How to count calories and measure your own levels of body fats Paleo Atkins and other types of diets you could try and so much more You will then realize that while weight training is not one of those miracle cures that promise to give you a healthy body in just a day or so it is in fact so much better It all starts with YOU It is never too early to start taking care

of your body more so doing it the right way Why subject yourself to processes that you re not even sure are healthy and legal If you really want to get in shape and be the best version of you that you can be then it is just the right time to start It is up to you to decide how you d want to honor your body You see not only will you be able to learn about weight training while reading this book but you ll also understand how food works to make this all possible By learning so you would no longer be doing things that would impact your body negatively and you can finally start treating your body as your friend Read this book now achieve your fitness goals and take care of your health all at the same time **DOWNLOAD THIS BOOK TODAY**

Miracle Kid Zachary D. Gauvin,2012-02 Gauvin was a high school athlete with a drinking problem He wakes from a month long coma to learn that he had been in a serious automobile accident and has a traumatic brain injury He must relearn how to walk talk and use his left hand Along the way he becomes an advocate for people with brain injuries *Cutting the Crap - How to Focus On What You Really Need to Know to Lose Weight and Retake Control of Your Life* Graham

Hurrell,2013-12-05 Are you being deliberately kept fat Use the simple techniques in this book to learn how to cut through the Confusing Research Advertising Promotions put in your way and focus on the few things you really need to know in order to regain control of your weight And your life It really works and what s more you already know most of it **Exercise and**

Physical Activity R. K. Devlin,2022-10-18 This encyclopedia explores exercise and physical activity from a variety of angles including anatomy and exercise science health benefits and risks the wide array of sports and recreational activities available and the sociocultural context of physical fitness *Exercise and Physical Activity From Health Benefits to Fitness Craze* is a one volume encyclopedia featuring more than 200 entries that cover a multitude of exercise related topics Content is divided across five broad themes anatomy exercise science sports and activities health benefits and risks and exercise and society The anatomy theme includes entries on all the major skeletal muscle groups and associated connective tissues Within the exercise science theme entries focus on topics within the fields of physiology kinesiology and sports psychology Profiles of more than 70 sports and recreational activities are included Entries under the theme of health benefits and risks explore the effects of exercise on many of the body s physiological processes and related systems as well as specific sports related injuries Exercise and society entries profile influential individuals and organizations as well as fitness trends Together these themes support a holistic understanding of exercise encompassing both the theoretical and the practical *The 30 Day*

Guide To Paleo Cooking Bill Staley,2013-06-11 It can be pretty overwhelming to make a significant lifestyle change For most people who take on the Paleo diet their biggest concern is the question of What will I eat Even when you understand which foods you can enjoy and which foods you should avoid the task of actually planning shopping for and cooking your meals can still be very confronting To streamline this aspect of committing to eating Paleo Bill and Hayley have created *The 30 Day Guide to Paleo Cooking* In this book Bill and Hayley guide you step by step through your first month of following the Paleo diet They cover everything you need to know to have a basic understanding of why this way of eating is perfect for optimal

health We are all designed to be fit healthy and happy people and following the Paleo diet is a solid foundation for a happy healthy life For your first 30 days of eating Paleo this book includes a complete meal plan broken down week by week In each week they provide a detailed schedule of the meals to make shopping lists that go along with the meal plan and

recommended reading to expand your knowledge of this lifestyle beyond the basics **A Clinical Guide to the Treatment of the Human Stress Response** George S. Everly, Jr., Jeffrey M. Lating, 2019-03-05 This comprehensive update of the now classic text applies the most current findings across disciplines to the treatment of pathogenic human stress arousal New and revised chapters bring together the art and science of intervention based in up to date neuroscience starting with an innovative model tracing the stress to disease continuum throughout the systems of the human body The authors detail the spectrum of physiological and psychological treatments for the stress response including cognitive therapy neuromuscular relaxation breathing exercises nutritional interventions and pharmacotherapy They also assess the strengths and limitations of widely used measures of the stress response and consider the value of personality factors cultural considerations and resilience in stress mediation Included in the coverage The anatomy and physiology of the human stress response Advances in neuroscience implications for stress Crisis intervention and psychological first aid Neurophysiological rationale for the use of the relaxation response Physical exercise and the human stress response The pharmacological management of stress reactions Disaster Mental Health Planning Cultural Awareness and Stress The Fourth Edition of A Clinical Guide to the Treatment of Human Stress Response offers readers a dual perspective exceedingly useful in examining the origins of the stress response and in preventing and treating the response itself This rich integrative volume will join its predecessors in popularity among practitioners and students across disciplines and specialties **Dirty Christianity** Warren H. Stewart Jr, 2012-10 NO ONE IS TOO DIRTY FOR GOD S LOVE The church and modern Christianity has lost its authenticity No one wants to tell their dirty stories of redemption anymore We live in a broken world full of fallen people who act as if they have no flaws once they have come to Jesus There is not one perfect human being but Jesus Christ Yet Christians have hid behind the religious fallacy that we have to mask the past and act like we have been spotless since birth People need to know that History changed our story Were we not that dirty sinner before we found grace Were we not the one who was in desperate need of saving Were we not the one who felt unworthy to be loved by the God of the universe Are we still not one who struggles with sin every now and then after coming to Jesus So why have we forgotten our redemption story Why are we afraid to reflect on where God brought us from Dirty Christianity will challenge you on a prescriptive scriptural journey of transparency and authenticity to tell your redemption story and make the gospel relevant to those who desperately need the loving embrace of God the Father the amazing grace through Jesus Christ and the refreshing filling of the Holy Spirit In turn this gospel that has changed your life just may grip you again *The Ultimate Guide to Affiliate Marketing* Barrett Williams, ChatGPT, 2024-08-28 Unlock the Secrets to Earning a Home Based Income with The Ultimate Guide to Affiliate

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New Anatomy for Strength & Fitness Training Mark Vella,2018-08-14 Perfect for beginning and advanced fitness practitioners alike this is an in depth look into the most magnificent machine ever created the human body Using detailed anatomical illustrations New Anatomy for Strength and Fitness Training provides you visual insight into what happens to this organic machine during exercise muscles and tendons working in concert to strengthen your body s building blocks With a basic knowledge of how the body works you can buff up your body with more than 75 selected exercises grouped by body region and involving gym machines free weights and body weight stretching as well as yoga and Pilates Each exercise is vividly illustrated by a full color anatomical illustration of the targeted muscles together with instructions on execution and technique **Fitness Mosaics** Mark R. Hailey,2011-11-20 Mark R Hailey s collection of magazine and blog articles comes together in one book entitled Fitness Mosaics Mark takes a unique entertaining and informative approach to a number of health and fitness topics You get a better understanding of metabolism when he compares the inner workings of the human body to the inner workings of a car You discover your inner Cro Magnon by understanding through evolution that you are genetically programmed to succeed in fitness While on a trip to visit a friend in Riga Latvia he writes about Eastern European

fitness habits and how they practice what we preach He talks about stumbling into the world of Yoga and writes a for men only article on how they too can reap the benefits of Yoga all while keeping their male egos intact These and other articles give you a better perspective on fitness and help empower you to make the changes you desire Like the title indicates Fitness Mosaics is a compilation of articles that creates an over all fitness picture , 00 00000000 10(000) 000??-??000-??00 0??-??000??-??000,2024-07-18 Sports Gail Fay,2012-11-21 Whether playing baseball basketball field hockey football lacrosse tennis soccer softball volleyball or wrestling millions of teens all over the country participate in some sporting activity Despite widespread enthusiasm for such activities not all teens know how to make the most out of their interests and some teens who might want to get involved don t know which sports are right for them For high school athletes of all levels this book provides up to date information on sports related issues practical tips and valuable resources Each chapter features quotes from current and former high school athletes who share their experiences related to the given topic Issues discussed include choosing a sport to playbalancing all aspects of life as a student athletedealing with the pressures of competitionimproving athletic performanceconsequences of performance enhancing drugs and supplementscommon injuries and prevention measurestraining during the off seasonplaying in collegesports related careers and opportunities Throughout the book readers will find sidebars containing various sports related tidbits high school sports stories the history of various sports interesting facts short biographies and sports themed young adult novels Filled with useful information Sports The Ultimate Teen Guide will help high school athletes of all levels from freshman novices to highly competitive seniors

Thrive Fitness Brendan Brazier,2025-05-01 Head of nutrition for the Cannondale Garmin Cycling Team nutrition consultant to the pros and former professional Ironman triathlete Brendan Brazier is one of the world s leading experts on nutrition for professional athletes In Thrive Fitness he presents his own easy system for total health and fitness complete with new photos and step by step exercises for maximum results in minimal time Whether you re a time crunched beginner or an experienced athlete Thrive Fitness will help you sculpt strong lean muscles reduce body fat prevent disease and injuries increase energy cut sugar cravings and sharpen mental clarity **Don't Touch the Nuts** Daniel Ford,2010-04-25 Whether it s the seat that s always saved for the local Old Boy the decor that looks like it s been bought in a job lot from the heavy dark red fabric shop or the quiz team who insist on calling themselves Norfolk in Chance for the hundredth time British pubs follow a set of bizarre and baffling rules that are second nature to most pub fans but confuse the hell out of tourists Former GQ editor and pub aficionado Daniel Ford casts a light on these hidden rules and answers such questions as Do all real ale drinkers have to sport beards Why has every country pub had at least one king queen or ghost stay there Is half a shandy ever an acceptable drink Why shouldn t you stand in the middle space of an empty pub urinal If you win three quid in the quiz machine why are you expected to buy a round for everyone in the pub And most importantly just why shouldn t you touch the nuts Vegan Vitality Karina Inkster,2014-11-25 A guide to veganism for active lifestyles with one hundred

delicious recipes The culture of food in North America is changing and fast More than eight million North Americans choose to exclude meat from their diets and an additional twenty five million rarely eat meat Many of these individuals consume no animal products whatsoever Why do these vegans and vegetarians choose to forgo steak yogurt or ice cream Most commonly they cite increasing and maintaining personal health Add to this the steadily growing population of health and fitness enthusiasts who adopt plant based diets temporarily to meet their performance goals plus those looking to vegan diets for weight loss and we've got a full blown diet and lifestyle movement quickly expanding across the globe Vegan Vitality is a comprehensive active living guide and cookbook for current and aspiring vegans and vegetarians interested in making regular physical activity a part of their lives Karina Inkster motivates and inspires readers to increase the quality and length of their lives by enjoying a whole foods plant based diet and engaging in regular exercise With healthy living advice for everyone from beginners to amateur athletes as well as a well rounded collection of one hundred mouthwatering recipes specifically created to fuel active living this book sets itself apart from existing titles by bridging the gap between diet and fitness approaching health holistically and as a long term lifestyle Also included are interviews with vegan athletes and fitness professionals each providing their own recipes top secret tips and habits for healthy active plant based living Skyhorse Publishing along with our Good Books and Arcade imprints is proud to publish a broad range of cookbooks including books on juicing grilling baking frying home brewing and winemaking slow cookers and cast iron cooking We've been successful with books on gluten free cooking vegetarian and vegan cooking paleo raw foods and more Our list includes French cooking Swedish cooking Austrian and German cooking Cajun cooking as well as books on jerky canning and preserving peanut butter meatballs oil and vinegar bone broth and more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home

Energy to Burn Julie Upton, Jenna Bell-Wilson, 2009-03-23 Get the Energy Boost to Power Your Performance Every day Whether you're a serious athlete a weekend warrior or an active person constantly on the go proper nutrition can help you optimize your performance and reach your goals This accessible guide equips you with the most current science based sports nutrition information and tools available to help you maximize your energy and your results First the book lays out the foundation of healthy eating by explaining the role of carbohydrates protein and fats in a performance diet It helps you energize with pre competition meals guidance on what to eat and drink during exercise and post competition nutrition for optimal recovery You'll also find a complete 14 day diet plan to help you start fulfilling your energy requirements right away *Energy to Burn* also gives you An Energy Quotient quiz to see how you're doing right now Information on how to determine reach and maintain your best body weight The lowdown on supplements and energy bars A look at professional athletes kitchens and the foods they can't live without

The Complete Guide to Sports Nutrition Anita Bean, 2017-09-07 The Complete Guide to Sports Nutrition is the definitive practical handbook for

anyone wanting a performance advantage This fully updated and revised edition incorporates the latest cutting edge research Written by one of the country s most respected sports nutritionists it provides the latest research and information to help you succeed This eighth edition includes accessible guidance on the following topics maximising endurance strength and performance how to calculate your optimal calorie carbohydrate and protein requirements advice on improving body composition specific advice for women children and vegetarians eating plans to cut body fat gain muscle and prepare for competition sport specific nutritional advice

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