

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
<b>MEN</b>	14-17%	10-13%	6-9%
<b>WOMEN</b>	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](http://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

**Marco Cascella**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

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