

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

SJ Ball



P90x Nutrition Guide:

P90x Nutrition Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. P90x Nutrition Guide : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. P90x Nutrition Guide : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Paffen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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