

90% Meal Compliance Grid

6 Meals

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meal 1																												
Meal 2																												
Meal 3																												
Meal 4																												
Meal 5																												
Meal 6																												
Total	<i>4 max for 90% compliance</i>							<i>4 max for 90% compliance</i>							<i>4 max for 90% compliance</i>							<i>4 max for 90% compliance</i>						

- Instructions:**
- * Enter an x in the appropriate box when you miss a meal or take a cheat meal.
 - * On a six meals per day plan, you may take up to 4 non-compliant meals (cheats or skipped meals) and still stay within the 90% rule.

YOUR PLAN	
Name:	
Program:	
Starting Weight/BF%:	
Ending Weight/BF%:	
Goals:	
Describe your nutrition plan for the next 4 weeks:	
After 4 weeks, did you achieve your goal? Did you maintain at least 90% compliance each week? For the month?	

90% Meal Compliance Grid

5 Meals

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meal 1																												
Meal 2																												
Meal 3																												
Meal 4																												
Meal 5																												
Total	<i>3 max for 90% compliance</i>							<i>3 max for 90% compliance</i>							<i>3 max for 90% compliance</i>							<i>3 max for 90% compliance</i>						

- Instructions:**
- * Enter an x in the appropriate box when you miss a meal or take a cheat meal.
 - * On a five meals per day plan, you may take up to 3 non-compliant meals (cheats or skipped meals) and still stay within the 90% rule.

YOUR PLAN	
Name:	
Program:	
Starting Weight/BF%:	
Ending Weight/BF%:	
Goals:	
Describe your nutrition plan for the next 4 weeks:	
After 4 weeks, did you achieve your goal? Did you maintain at least 90% compliance each week? For the month?	