

Worksheet D: Review of the guides

"An investment in knowledge pays the best interest"

Whatever your goal, and however you decide to get there, there are fundamental principles that you should know. Pick one of the three core guides - fat loss, muscle gain or being healthy and complete this worksheet.

GUIDE BEING STUDIED (circle one) → Fat Loss | Muscle Gain | Being Healthy

What are the three key points from the guides that stand out to you?

1.

2.

3.

Is there anything you have read which you are surprised by?

What three things do you need to consider and apply to your daily lifestyle and eating style?

1.

2.

3.

Calculations/Notes from the exercises in the fat loss/muscle gain guides

What else did you learn?