

# M A Y

*notes*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3 Diet week 1 15% deficit 2400 cal	4	5 Menstrual cycle day 1	6	7	8	9 BW 156.8
10 Diet week 2 2400 cal	11	12	13	14	15	16 BW 152.8
17 Diet week 3 2400 cal	18	19	20	21	22	23 BW 153.6
24 Diet week 4 2400 cal	25	26	27	28	29 Menstrual cycle day 1	30 BW 154.6
31 REFEED week 10% increase 2600 cal	1	2	3	4	5	6 BW 153.6

### Pre-fat loss phase data

4/21 Data:  
InBody: 155.5 lbs, SMM 78 lbs, 12.3% bf

4/22 Data:  
InBody: 155.6 lbs, SMM 76.5 lbs, 13.8% bf

4/23 Data:  
InBody: 157.4 lbs, SMM 76.5 lbs, 14.3% bf

Dates slightly off on calendar- but its good enough for you to see week to week progression :))

# J U N E

*notes*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7 Diet week 5 20% deficit 2200 cals	8	9	10	11	12	13 BW 152.6
14 Diet week 6 2200 cals	15	16	17	18	19	20 BW 149
21 Diet week 7 2200 cals	22	23	24	25	26	27 Menstrual cycle day 1 BW 149.2
28 Diet week 8 2200 cals	29	30	1	2	3	4 BW 147
5	6	7	8	9	10	11

Dates slightly off on calendar- but its good enough for you to see week to week progression :))

# J U L Y

*notes*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29 InBody	30	1 InBody	2 InBody	3
4 REFEED 10% increase 2400 cal	5	6	7	8	9	10 BW 147.4
11 Diet week 9 25% deficit 2050 cal	12	13	14	15	16	17 BW 146.2
18 Diet week 10 2050 cal	19 Menstrual cycle day 1	20	21	22	23	24 BW 145.6
25 Diet week 11 2050 cal	26	27	28	29	30	31 BW 146.2
1	2	3	4	5	6	7

6/29 Data:  
InBody: 148.2 lbs, SMM 76.3 lbs, 9.4% bf

7/1 Data:  
InBody: 145.5 lbs, SMM 74.1 lbs, 10.3% bf

7/2 Data:  
InBody: 147.4 lbs, SMM 75 lbs, 10.1% bf

# AUGUST

*notes*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Diet week 12 2050 cal	2	3 Everlywell Thyroid test/ InBody/ Skin calipers	4 Photoshoot	5 InBody/ Skin calipers	6 REFEED 2200 cal	7 BW 145  REFEED 2200 cal	
8 **Diet week 13 2100 cal	9	10	11	12	13	14  BW 144.8	
15 Diet week 14 2000 cal	16	17	18	19  Menstrual cycle day 1	20	21  BW 142.8	
22 PEAK WEEK 1.5 gal H2O	23 2 gal H2O 1300 cal (40c)  InBody/ Skin calipers	24 2.5 gal H2O 1300 cal (40c)	25 1.5 gal H2O 2500 cal (420c)  InBody/ Skin calipers	26 1 gal H2O 2300 cal (350c)  CUT LOW BW 138.6	27 0.75 gal H2O 2200 cal (320c)	28  BW 141  SHOW DAY	
29 untracked day- low appetite	30 DEXA scan untracked day- low appetite	31 tracked intake- no targets 3500 cal 500+ carbs	1 tracked intake without targets rest of week- ended up around 2200ish most days				4  2nd gym session back
5	6	7	8	9	10	11	

\*\*Plan was to start reverse dieting during the week of the 8th- but after consulting with a coach re: cutting water for photoshoot- I was talked into stepping on NPC stage as a figure competitor for the first time- show date was August 28th- I officially committed on Friday Augst 6th! So we extended cut for 3 weeks into the show. I was self coaching up until the time I committed to the show- then gave the reigns over to Sam Okunola

8/3 Data:  
TSH 2.3, ft3 2.5, ft4 1.1, TPO 146  
(note TPO value is a decrease from 287 in 2019)  
InBody: 143 lbs, SMM 73.4 lbs, 9.6%bf  
Skin calipers 13.6% bf

8/5 Data:  
InBody: 146 lbs, SMM 75.8 lbs, 8.2%bf  
Skin calipers 11.46% bf

8/23 Data:  
InBody: 142.7 lbs, SMM 74.5 lbs, 7.8%bf  
Skin calipers: 8.33% bf

8/25 Data:  
InBody: 142 lbs, SMM 73.9 lbs, 8.2% bf  
Skin calipers: 7.8% bf

DEXA scan: 141 lbs, 11.7% bf

