

# B3 CHALLENGE DAILY

FOOD, SUPPLEMENT AND EXERCISE JOURNAL


TheB3Challenge.com

Name:


Date:

## SUPPLEMENTS

MentaBiotics 

MentaFocus 

MentaSync 

Energy+  

Mood+  

Sleep+ 

Digestive  

VitaGBX  

OmMEGA 

Probiotics  

GBX Protein 

GBX SuperFood 

GBX SeedFiber 

## BREAKFAST

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## DINNER

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## WATER

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## WORKOUT

## LOVE NOTE TO MYSELF

\*Only weigh and measure 1x/week

## TODAY'S GOAL

## WEEK'S GOAL

# B3 CHALLENGE DAILY

FOOD, SUPPLEMENT AND EXERCISE JOURNAL

TheB3Challenge.com

Name:

Date:

## SUPPLEMENTS

MentaBiotics 

MentaFocus 

MentaSync 

Energy+  

Mood+  

Sleep+ 

Digestive  

VitaGBX  

OmMEGA 

Probiotics  

GBX Protein 

GBX SuperFood 

GBX SeedFiber 

## BREAKFAST

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## SNACK

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## LUNCH

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## SNACK

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## DINNER

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## WATER

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