Date	Time	MK-2866 (Ostarine) Dosage	MK-677 (Ibutamoren) Dosage	N2Guard Dosage	Omega-3 Dosage	Multivitamin	Collagen/Joint Support	Workout (Yes/No)	Workout Type	Calories	Protein	Sleep (hrs)	Mood (1-10)	Energy (1-10)	Appetite (1-10)	Side Effects (e.g., joint pain, headaches, water retention)	Notes/Comments
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., legs, upper body)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 7/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., arms, cardio)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 7/10)	_______ (e.g., 9/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., rest day)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 6/10)	_______ (e.g., 8/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 7/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 6/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 7/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 6/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 7/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 6/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 7/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 6/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 7/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 6/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 7/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 6/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		
		_______ mg	_______ mg	_______ caps	_______ mg	Yes/No	_______ grams	Yes/No	_______ (e.g., chest)	_______ kcal	_______ g	_______ hrs	_______ (e.g., 7/10)	_______ (e.g., 8/10)	_______ (e.g., 6/10)		