

# Bodybuilding Supplement Log



Starting Date: \_\_\_/\_\_\_/\_\_\_

Ending Date: \_\_\_/\_\_\_/\_\_\_

Monday	Time Taken and Notes or Comments
Supplement 1	
Supplement 2	
Supplement 2	
Supplement 4	
Supplement 5	

Tuesday	Time Taken and Notes or Comments
Supplement 1	
Supplement 2	
Supplement 2	
Supplement 4	
Supplement 5	

Wednesday	Time Taken and Notes or Comments
Supplement 1	
Supplement 2	
Supplement 2	
Supplement 4	
Supplement 5	

Thursday	Time Taken and Notes or Comments
Supplement 1	
Supplement 2	
Supplement 2	
Supplement 4	
Supplement 5	

Friday	Time Taken and Notes or Comments
Supplement 1	
Supplement 2	
Supplement 2	
Supplement 4	
Supplement 5	

Saturday	Time Taken and Notes or Comments
Supplement 1	
Supplement 2	
Supplement 2	
Supplement 4	
Supplement 5	

Sunday	Time Taken and Notes or Comments
Supplement 1	
Supplement 2	
Supplement 2	
Supplement 4	
Supplement 5	

**Recommended supplements:**

[Andro-Shock](#) Testosterone boosting stack to help you build mass, strength and even increase sex drive.

[Ecdy-Bolin](#) Natural anabolic supplement to help you build muscle and lose fat.

[Nitrobol](#) The best amino acid protein complex bar none.

[Pumped Extreme](#) Kre-Alkalyn creatine complex to give you awesome workouts and wicked pumps.

[HGH Advance](#) Naturally boost your body's own HGH and IGF-1 levels.

[Herbal Fat Melter](#) The ultimate ephedrine free fat burning supplement.

[Get Lean Quick](#) Lose fat or get ripped in only 14 days.

[Power Joint Formula](#) To help keep your joint healthy and pain free.

[Fat Absorber](#) For the days you want to cheat on your diet.

You can get any of these great bodybuilding supplements at <http://www.trulyhuge.com/supps.htm> or by calling 800-635-8970