

# ATHLETE PERFORMANCE VITAMIN LOG

DAILY SUPPLEMENTATION PROTOCOL

WEEK OF: \_\_\_\_\_

SUPPLEMENT / VITAMIN	DOSAGE	TIMING	M	T	W	T	F	S	S
Multivitamin (High Potency)	1 Tablet	With Breakfast							
Omega-3 (EPA/DHA)	2000mg	With Meal							
Vitamin D3 + K2	5000 IU	Morning							
Magnesium Glycinate	400mg	Pre-Sleep							
Creatine Monohydrate	5g	Post-Workout							
ZMA	1 Serving	Empty Stomach							
Probiotic	1 Cap	Morning							

**PERFORMANCE & ENERGY OBSERVATIONS**  
**RECOVERY & SLEEP QUALITY**