

Cause and Effect.

Goal for 3-6 months
To be 220 lbs lean

I am 220 lbs lean

- Cause: Being 220 lbs lean
- Effect: Better Mental health and self image
- Cause: Drink more water
- Effect: Shed water weight to become leaner
- Cause: Drop calorie count
- Effect: Become leaner and more vascular
- Cause: Do cardio for 15 mins a day
- Effect: Better heart health and become leaner
- Cause: Continuing to workout every morning
- Effect: Sustained mental and physical health
- Cause: Progressively Overloading my muscles
- Effect: Builds lean muscle instead of fat
- Cause: Eating 4k calories or more a day
- Effect: Allow my body to rebuild the muscle that I destroyed
- Cause: Eating peanut butter and drinking milk every night before bed
- Effect: Giving my body nutrients and calories to rebuild in the most important stage
- Cause: Finishing my 2k calorie dinner tonight no matter how long it takes.
- Effect: Puts me in the proper mindset and stretches my stomach for continued high caloric input
- Cause: Continue to buy high protein and calorically dense food
- Effect: Continual muscle growth

Unknowns: If I can stay healthy during the process.

Assumptions: None