Nutrition and Fueling | Endurance
Day 1 Summary

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
Wake Up			Notes:	
CHECK IN:			How do I feel:	What time did I go #2 today?
Breakf:			Notes/Suggestions:	
			Calories:	What:
	Extra Sodium?		✅ Macros / /	**30/40/30 carbs/fat/protein**
CHECK IN:			How do I feel:	
Snack #1			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
Lunch				
			Calories:	What:
	Extra Sodium?		✅ Macros / /	**30/40/30 carbs/fat/protein**
Snack #2			Replenish Calories - 300 / 500 max	
			What:	
	Extra Sodium?		Calories:	Macro %:
CHECK IN:			How do I feel:	
Dinner				
			Calories:	What:
			✅ Macros / /	**30/40/30 carbs/fat/protein**
Snack #3			Replenish Calories - 300 / 500 max	
If needed	What: Liquid Meal that Follows 30/40/30			When:
	Calories:			Macro %:
Bed Time			**Do not eat within 3 hours prior to bedtime, as long as your calorie intake in good.**	
CHECK IN:	How do I feel:			
	Notes on sleep quality/quantity:			
W / O #1			What:	How did I feel:
	Cal out:		Calories In:	
W / O #2			What:	How did I feel:
	Cal out:		Calories In:	

Nutrition and Fueling | Endurance
Day 1 Meal Summary - Morning

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
CHECK IN:			How Did I sleep:	Terrible 1 2 3 4 5 6 7 8 9 10 AWESOME
			What time did I go #2:	
			How is my energy today:	Exhausted 1 2 3 4 5 6 7 8 9 10 SUPERSTAR
			How is my mood:	Terrible 1 2 3 4 5 6 7 8 9 10 AWESOME
			Time #2 & consistency/etc:	
			Morning Resting Heart Rate:	
			(option) Morning HRV score:	
			Weight:	

Breakfast	**AM**		Notes/Suggestions: MFP can help you lay out the details.	
Overall	Calories:		Calories:	What:
			✅ **Macros** / /	**30/40/30 carbs/fat/protein**
Specifics				
	Extra Sodium?			
	Extra x,y and z?			
CHECK IN:			How do I feel:	

Snack #1			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
NOTES:				
Importants:				

Nutrition and Fueling | Endurance
Day 1 Meal Summary - Afternoon

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
CHECK IN:		Toliet Events:		
		How is my energy now:	Exhausted 1 2 3 4 5 6 7 8 9 10 SUPERSTAR	
		How is my mood:	Terrible 1 2 3 4 5 6 7 8 9 10 AWESOME	

Lunch:	**am/pm**		Notes/Suggestions: MFP can help you lay out the details.	
Overall	Calories:		Calories:	What:
			✅ **Macros** / /	**30/40/30 carbs/fat/protein**
Specifics				
	Extra Sodium?			
	Extra x,y and z?			
CHECK IN:			How do I feel:	

Snack			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
NOTES:				
Importants:				

Nutrition and Fueling | Endurance
Day 1 Meal Summary - Evening

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
CHECK IN:		Toliet Events:		
	How is my energy now:	Exhausted 1 2 3 4 5 6 7 8 9 10 SUPERSTAR		
	How is my mood:	Terrible 1 2 3 4 5 6 7 8 9 10 AWESOME		
Dinner	**PM**		Notes/Suggestions: MFP can help you lay out the details.	
Overall	Calories:		Calories:	What:
			✅ **Macros** / /	**30/40/30 carbs/fat/protein**
Specifics				
	Extra Sodium?			
	Extra x,y and z?			
CHECK IN:			How do I feel:	
Snack ???			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
BEDTIME:	Time:			
	Quality:			
NOTES:				
Importants:				

DAY 1				
W / O #1				
When:		How did I feel during:		
What:		What Did I feel after:		
Water:		What did I eat:		
Sodium:		Calories In:		
Cal out:				
W / O #2		**What:**	**How did I feel:**	
When:		How did I feel during:		
What:		What Did I feel after:		
Water:		What did I eat:		
Sodium:		Calories In:		
Cal out:				
Other Notes:				

Nutrition and Fueling | Endurance
Day 2 Summary

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
Wake Up			Notes:	
CHECK IN:			How do I feel:	What time did I go #2 today?
Breakf:			Notes/Suggestions:	
			Calories:	What:
	Extra Sodium?		✅ Macros / /	30/40/30 carbs/fat/protein
CHECK IN:			How do I feel:	
Snack #1			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
Lunch				
			Calories:	What:
	Extra Sodium?		✅ Macros / /	30/40/30 carbs/fat/protein
Snack #2			Replenish Calories - 300 / 500 max	
			What:	
	Extra Sodium?		Calories:	Macro %:
CHECK IN:			How do I feel:	
Dinner				
			Calories:	What:
			✅ Macros / /	30/40/30 carbs/fat/protein
Snack #3			Replenish Calories - 300 / 500 max	
If needed	What: Liquid Meal that Follows 30/40/30			When:
	Calories:			Macro %:
Bed Time			**Do not eat within 3 hours prior to bedtime, as long as your calorie intake in good.**	
CHECK IN:	How do I feel:			
	Notes on sleep quality/quantity:			
W / O #1			What:	How did I feel:
	Cal out:		Calories In:	
W / O #2			What:	How did I feel:
	Cal out:		Calories In:	

Nutrition and Fueling | Endurance
Day 2 Meal Summary - Morning

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories														
CHECK IN:			How Did I sleep:	Terrible	1	2	3	4	5	6	7	8	9	10	AWESOME
			What time did I go #2:												
			How is my energy today:	Exhausted	1	2	3	4	5	6	7	8	9	10	SUPERSTAR
			How is my mood:	Terrible	1	2	3	4	5	6	7	8	9	10	AWESOME
			Time #2 & consistency/etc:												
			Morning Resting Heart Rate:												
			(option) Morning HRV score:												
			Weight:												

Breakfast	**AM**		Notes/Suggestions: MFP can help you lay out the details.	
Overall	Calories:		Calories:	What:
			✅ **Macros / /**	**30/40/30 carbs/fat/protein**
Specifics				
	Extra Sodium?			
	Extra x,y and z?			
CHECK IN:			How do I feel:	

Snack #1			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
NOTES:				
Importants:				

Nutrition and Fueling | Endurance
Day 2 Meal Summary - Afternoon

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
CHECK IN:		Toliet Events:		
	How is my energy now:		Exhausted 1 2 3 4 5 6 7 8 9 10 SUPERSTAR	
	How is my mood:		Terrible 1 2 3 4 5 6 7 8 9 10 AWESOME	

Lunch	**am/pm**		Notes/Suggestions: MFP can help you lay out the details.	
Overall	Calories:		Calories:	What:
			✅ **Macros** / /	**30/40/30 carbs/fat/protein**
Specifics				
	Extra Sodium?			
	Extra x,y and z?			
CHECK IN:			How do I feel:	

Snack			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
NOTES:				
Importants:				

Nutrition and Fueling | Endurance
Day 2 Meal Summary - Evening

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
CHECK IN:		Toliet Events:		
	How is my energy now:	Exhausted 1 2 3 4 5 6 7 8 9 10 SUPERSTAR		
	How is my mood:	Terrible 1 2 3 4 5 6 7 8 9 10 AWESOME		

Dinner	**PM**		Notes/Suggestions: MFP can help you lay out the details.	
Overall	Calories:		Calories:	What:
			✅ **Macros** / /	**30/40/30 carbs/fat/protein**
Specifics				
	Extra Sodium?			
	Extra x,y and z?			
CHECK IN:			How do I feel:	

Snack ???			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
BEDTIME:	Time:			
	Quality:			
NOTES:				
Importants:				

DAY 2				
W / O #1				
When:		How did I feel during:		
What:		What Did I feel after:		
Water:		What did I eat:		
Sodium:		Calories In:		
Cal out:				
W / O #2		**What:**	**How did I feel:**	
When:		How did I feel during:		
What:		What Did I feel after:		
Water:		What did I eat:		
Sodium:		Calories In:		
Cal out:				
Other Notes:				

Nutrition and Fueling | Endurance
Day 3 Summary

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
Wake Up			Notes:	
CHECK IN:			How do I feel:	What time did I go #2 today?
Breakf:			Notes/Suggestions:	
			Calories:	What:
	Extra Sodium?		✅ Macros / /	30/40/30 carbs/fat/protein
CHECK IN:			How do I feel:	
Snack #1			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
Lunch				
			Calories:	What:
	Extra Sodium?		✅ Macros / /	30/40/30 carbs/fat/protein
Snack #2			Replenish Calories - 300 / 500 max	
			What:	
	Extra Sodium?		Calories:	Macro %:
CHECK IN:			How do I feel:	
Dinner				
			Calories:	What:
			✅ Macros / /	30/40/30 carbs/fat/protein
Snack #3			Replenish Calories - 300 / 500 max	
If needed	What: Liquid Meal that Follows 30/40/30			When:
	Calories:			Macro %:
Bed Time			**Do not eat within 3 hours prior to bedtime, as long as your calorie intake in good.**	
CHECK IN:	How do I feel:			
	Notes on sleep quality/quantity:			
W / O #1			What:	How did I feel:
	Cal out:		Calories In:	
W / O #2			What:	How did I feel:
	Cal out:		Calories In:	

Nutrition and Fueling | Endurance
Day 3 Meal Summary - Morning

Name:
Current: Weight:
Goal #1:
Goal #2:

		Time	Calories													
CHECK IN:			How Did I sleep:	Terrible	1	2	3	4	5	6	7	8	9	10	AWESOME
			What time did I go #2:												
			How is my energy today:	Exhausted	1	2	3	4	5	6	7	8	9	10	SUPERSTAR
			How is my mood:	Terrible	1	2	3	4	5	6	7	8	9	10	AWESOME
			Time #2 & consistency/etc:												
			Morning Resting Heart Rate:												
			(option) Morning HRV score:												
			Weight:												

Breakfast	**AM**	Notes/Suggestions: MFP can help you lay out the details.	
Overall	Calories:	Calories:	What:
		✅ **Macros / /**	**30/40/30 carbs/fat/protein**
Specifics			
	Extra Sodium?		
	Extra x,y and z?		
CHECK IN:		How do I feel:	

Snack #1		Replenish Calories - 300 / 500 max	
		What:	
		Calories:	Macro %:
CHECK IN:	Extra Sodium?	How do I feel:	
NOTES:			
Importants:			

Nutrition and Fueling | Endurance
Day 3 Meal Summary - Afternoon

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
CHECK IN:		Toliet Events:		
	How is my energy now:	Exhausted	1 2 3 4 5 6 7 8 9 10	SUPERSTAR
	How is my mood:	Terrible	1 2 3 4 5 6 7 8 9 10	AWESOME
Lunch	**am/pm**		Notes/Suggestions: MFP can help you lay out the details.	
Overall	Calories:		Calories:	What:
			✅ **Macros** / /	**30/40/30 carbs/fat/protein**
Specifics				
	Extra Sodium?			
	Extra x,y and z?			
CHECK IN:			How do I feel:	
Snack			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
NOTES:				
Importants:				

Nutrition and Fueling | Endurance
Day 3 Meal Summary - Evening

Name:
Current: Weight:
Goal #1:
Goal #2:

	Time	Calories		
CHECK IN:		Toliet Events:		
	How is my energy now:		Exhausted 1 2 3 4 5 6 7 8 9 10 SUPERSTAR	
	How is my mood:		Terrible 1 2 3 4 5 6 7 8 9 10 AWESOME	

Dinner	**PM**		Notes/Suggestions: MFP can help you lay out the details.	
Overall	Calories:		Calories:	What:
			✅ **Macros** / /	**30/40/30 carbs/fat/protein**
Specifics				
	Extra Sodium?			
	Extra x,y and z?			
CHECK IN:			How do I feel:	

Snack ???			Replenish Calories - 300 / 500 max	
			What:	
			Calories:	Macro %:
CHECK IN:	Extra Sodium?		How do I feel:	
BEDTIME:	Time:			
	Quality:			
NOTES:				
Importants:				

DAY 3				
W / O #1				
When:			How did I feel during:	
What:			What Did I feel after:	
Water:			What did I eat:	
Sodium:			Calories In:	
Cal out:				
W / O #2		**What:**		**How did I feel:**
When:			How did I feel during:	
What:			What Did I feel after:	
Water:			What did I eat:	
Sodium:			Calories In:	
Cal out:				
Other Notes:				