

	FOOD ITEM	CALORIES	SUGAR
PRE WORKOUT/ POST WORKOUT TIME:			
BREAKFAST TIME:			
SNACK TIME:			
LUNCH TIME:			
MID-AFTERNOON SNACK TIME:			
LATE-AFTERNOON SNACK TIME:			
DINNER TIME:			
AFTER DINNER SNACK TIME:			
WATER O=8oz O O O O O O O O O O O O O O Total Ounces:			