

NAME:

DATE:

DAY 1:		DAY 2:	
Morning training type:		Morning training type:	
Afternoon training type:		Afternoon training type:	
FOOD & DRINK	QUANTITY	FOOD & DRINK	QUANTITY
Before Training / Breakfast		Before Training	
During Training		During Training	
After Training		After Training	
Mid Morning		Mid Morning	
Lunch		Lunch	
Mid Afternoon		Mid Afternoon	
Before Training		Before Training	
During Training		During Training	
After Training		After Training	
Dinner		Dinner	
Dessert / After Dinner		Dessert / After Dinner	