



FUEL OPTIONS

GUIDELINES
Max Daily Calories:
Max. Daily Fat Grams:

MEAL	FOOD EATEN	AMOUNT	FAT GRAMS	CALORIES	COMMENTS
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
SNACK					
WATER	() () () () () () () ()				

TOTAL:
Percent fat of total calories consumed:
Over/under against daily calories:
Over/under against daily fat grams: