

Time:

Food	Cal	Pro	Carbs	Fat

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Name \_\_\_\_\_ Age \_\_\_\_\_ Sport \_\_\_\_\_

Weight \_\_\_\_\_ Sleep \_\_\_\_\_

### SOA/LP Lightning Fuel Chart

This is used to figure out how you are eating. We want you to truthfully write down what you eat and drink in a TYPICAL day. Do not change your eating habits because we are going to look at this. We need to know how we can help you correct your eating habits to get the most out of your training with us.

Fill in the boxes every time you eat or drink for one day. Write down the portion size; one scoop, one sandwich, 8 oz of milk, etc... Then go to [Calorieking.com](http://Calorieking.com) to fill in the following; (Cal) Calories, (Pro) Protein, (Carb) Carbohydrates and Fats. Bring this chart in so we will go over it with you as well as help you with a meal plan.

Food	Cal	Pro	Carbs	Fat
Bowl of Cereal 8.3oz	129	5.4g	22.4g	2.1g
8 oz Milk 1%	105	8.5g	12.2g	2.4g
Banana	72	.9g	18.5g	.3g
1 slice white toast	60	2.6g	13.5g	.9g
Butter on toast	36	0g	0g	4.1g

Protein Consumed (G) \_\_\_\_\_

Water Consumed (Oz) \_\_\_\_\_