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Food Charts

Name	Date	Bodyweight

Breakfast			
Time	Food Consumed	Amount	Notes

Post-Workout or Snack			
Time	Food Consumed	Amount	Notes

Lunch			
Time	Food Consumed	Amount	Notes

Post-Workout or Snack			
Time	Food Consumed	Amount	Notes

Dinner			
Time	Food Consumed	Amount	Notes

Post-Workout or Snack			
Time	Food Consumed	Amount	Notes

Workout or Practice 1			
Time	Type	Duration	Difficulty Level
			1-easy 2-average 3-hard 4-maximum

Workout or Practice 2			
Time	Type	Duration	Difficulty Level
			1-easy 2-average 3-hard 4-maximum

Workout or Practice 3			
Time	Type	Duration	Difficulty Level
			1-easy 2-average 3-hard 4-maximum

Workout or Practice 4			
Time	Type	Duration	Difficulty Level
			1-easy 2-average 3-hard 4-maximum