

FUEL4THE FIGHTER

Smarter. Stronger. Faster.

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SCORECARD

1. Print out this page for each week of your test.
2. Record a "1" for each meal in the appropriate column. Then at the end of each day, total the numbers & write it in the right column.
3. At the end of the week, total the daily numbers & write it in the lower right corner. These are the numbers you will work to change & keep tracking over the next 3 weeks.

	S	M	D	TOTAL for the Day		
	Only Source Foods	Meat with Meal	Dairy with Meal	S	M	D
Sunday - Meal 1						
Sunday - Meal 2						
Sunday - Meal 3						
				=		
Monday - Meal 1				S	M	D
Monday - Meal 2						
Monday - Meal 3						
				=		
Tuesday - Meal 1				S	M	D
Tuesday - Meal 2						
Tuesday - Meal 3						
				=		
Wednesday - Meal 1				S	M	D
Wednesday - Meal 2						
Wednesday - Meal 3						
				=		
Thursday - Meal 1				S	M	D
Thursday - Meal 2						
Thursday - Meal 3						
				=		
Friday - Meal 1				S	M	D
Friday - Meal 2						
Friday - Meal 3						
				=		
Saturday - Meal 1				S	M	D
Saturday - Meal 2						
Saturday - Meal 3						
				=		

TOTAL		
Score for the Week		
S	M	D