



Cookin' up Fitness™

Cultivate, Coach, Cook & Connect

SportFIT Nutrition Plan.

Daily Nutrition Goals				
Calories	Carbohydrates			Protein
	CHO	Dietary Fiber	Added Sugar	
Kcal	grams	grams	grams	grams
Fats				
Saturated Fats (SF)	Linoleic Acid	α-Linoleic Acid	Omega 3 EPA:DHA	Total Fats (TF)
grams	grams	grams	mg	grams
Daily Food Group Goals				
Grains	Fruit	Vegetables	Protein	Milk
ounces	cups	cups	ounces	cups
Daily Hydration Goals				
Pre-Exercise (fluid ounces)		During Exercise (fluid ounces)		Post Exercise (fluid ounces)
2-4 hours prior	10-15 minutes prior	Events < 60 min	Events > 60 min	
Sport Drink	Water	Water	Sport Drink	Combo