



Cookin' up Fitness

Cultivate, Coach, Cook & Connect

At the end of each week transfer goals onto the **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	Post-Exercise	Electrolytes	Total Fluid	
fl oz.	fl oz.	fl oz.	fl oz.	

Week 1 (**Get TRACKIN'**): Transfer calorie and food group goals from the food group and calorie report into the shaded cells above.

Week 2 (**Carb SMART**): Transfer carbohydrate goals from the Nutrient Report (or as instructed) into the shaded cells above.

Week 3 (**Fat FRIENDLY**): Transfer fat goals from the Nutrient Report (or as instructed) into the shaded cells above.

Week 4 (**Protein WISE**): Transfer protein goals from the Nutrient Report (or as instructed) into the shaded cells above.

Week 5 (**HELLO Hydration**): Transfer hydration goals as instructed into the shaded cells above.