

DENISON UNIVERSITY STRENGTH & CONDITIONING
Nutrition Log

Name: _____

Date: _____

Record all foods you typically eat on a given weekday:

Breakfast: _____

Time: _____ Protein: _____g. Carbs: _____g. Fats: _____g.

Snack: _____

Time: _____ Protein: _____g. Carbs: _____g. Fats: _____g.

Lunch: _____

Time: _____ Protein: _____g. Carbs: _____g. Fats: _____g.

Snack: _____

Time: _____ Protein: _____g. Carbs: _____g. Fats: _____g.

Dinner: _____

Time: _____ Protein: _____g. Carbs: _____g. Fats: _____g.

Snack: _____

Time: _____ Protein: _____g. Carbs: _____g. Fats: _____g.

Daily Caloric Intake: _____

Daily Totals Protein: _____g. Carbs: _____g. Fats: _____g.

DENISON UNIVERSITY STRENGTH & CONDITIONING Nutrition Worksheet

In order to successfully maintain performance levels, you must first figure out how many calories per day you need to consume. A simple way to do this is to multiply your current bodyweight by the following number:

	Female Athlete	Male Athlete
Activity Level	kcal per pound of bodyweight	kcal per pound of bodyweight
Off-Season	16	18
In-Season	18	20

Let's use a male athlete who is in-season as an example by using the number **20**. Using a **150** pound athlete as an example, we would recommend 3000 calories per day.

Next, you'll need to divide these calories into carbohydrates, proteins, and fats. This is an example of an in-season nutrition plan where you are burning a lot of calories:

Male or Female Athlete In-Season Recommendations

60% carbs = $3000 \times (0.6) = 1800$ calories per day

and $1800/4 = 450$ grams of carbs per day

20% proteins = $3000 \times (0.2) = 600$ calories per day

and $600/4 = 150$ grams of protein per day

20% fats = $3000 \times (0.2) = 600$ calories per day

and $600/9 = 66$ grams of fat per day

Let's use a female athlete who is off-season as an example by using the number **16**. Using a **150** pound athlete as an example, we would recommend 2400 calories per day.

Male or Female Athlete Off-Season Recommendations

50% carbs = $2400 \times (0.50) = 1200$ calories per day

and $1200/4 = 300$ grams of carbs per day

25% proteins = $2400 \times (0.25) = 600$ calories per day

and $600/4 = 150$ grams of protein per day

25% fats = $2400 \times (0.25) = 600$ calories per day

and $600/9 = 66$ grams of fat per day

Nutrition Survey

1. Including snacks, how many meals do you eat per day? _____
2. Do you have a protein source with all of those meals? _____
3. Do you have a fruit or vegetable serving with all of those meals? _____
4. How much water are you drinking per day? _____
5. What kinds of food are in your fridge right now? _____
6. How much soda & sweets are you eating daily? _____