



Nutritional Profile



<p><u>Calorie Requirements</u></p> <p>Average Daily Intake Calories:</p>
<p>Daily Requirements For Strength Training Calories:</p>

<p><u>CARBOHYDRATES</u></p> <p>Calorie Requirements For Strength Training</p> <p>Calories Per Day:</p> <p>Grams Per Day:</p>

<p><u>FAT</u></p> <p>Calorie Requirements For Strength Training</p> <p>Calories Per Day:</p> <p>Grams Per Day:</p>

Calories Burned Strength Training Per 30 Minutes	
Body Wt.	Cals. Burned
105	166
110	174
115	182
120	190
125	198
130	204
140	220
150	236
160	252
170	268
180	282
190	298
200	314
210	330
220	346
230	360
240	376
250	392

<p><u>Calories & Fluid Facts</u></p> <p>If an athlete doesn't eat enough food or calories, his/her body protects itself by slowing down.</p> <p>Fluid is the most important nutrient for athletes. Fluid is second in importance only to the need for oxygen.</p>
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<p><u>PROTEIN</u></p> <p>Calorie Requirements For Strength Training</p> <p>Calories Per Day:</p> <p>Grams Per Day:</p>

<p><u>FLUID</u></p> <p>Requirements For Strength Training</p> <p>Ounces Per Day:</p> <p>Cups Per Day:</p> <p>Cups on Hot Days:</p>

This is not intended to replace professional medical advice.