

# FUELLING THE FUNCTIONAL ATHLETE.

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R E S O U R C E   P A C K



# Progress Tracker

Measurement	Day								Day							
	M	T	W	T	F	S	S	Avg	M	T	W	T	F	S	S	Avg
Scale weight																
Waist Size - Narrowest part																
Waist Size - At naval																
Hips - Around your widest part																
Chest - Around your nipples with your arms in the air																
Left arm - halfway between the elbow and the bony point on the top of your shoulder																
Right arm - halfway between the elbow and the bony point on the top of your shoulder																
Left leg - Halfway point																
Right leg - Halfway point																
Neck																
BodyFat Reading (scales/callipers)																
<b>Adherence</b>																
kcal																
Protein																
Steps																
<b>Your wellbeing score</b>																
Hunger (1-5)																
Energy (1-5)																
Stress (1-5)																
Muscle soreness (1-5)																
Sleep quality (1-5)																

**CHECK IN EACH DAY** - Each day check in and mark 'Y' or 'N' in the corresponding box for if you completed the habit. You are not expected to be perfect. Aim for six days out of seven

**MAKE THE HABIT YOUR OWN** - Make the habit personal to you. If it's drink more water, how much more? If it's preparation, when are going to prep?

Habit	Date	Day														Notes
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
<b>Examples:</b>	01/01	Y	Y	Y	N	Y	N	N	Y	Y	Y	N	Y	Y	Y	Make sure I take a water bottle to work with me
Increase water intake to 2-4L	08/01	Y	Y	Y	Y	Y	Y	N	Y	Y	Y	Y	N	Y	Y	
Record your weight and measurements																
Track what you eat every day																
Have fruit or veg with every meal and snack																
Remove sugary drinks																
Remove sugar from tea and coffee																
Stay within your calories																
Hit your protein targets for the day																
Hit your carbohydrates targets for the day																
Hit your fat targets for the day																
Reduce unhealthy foods to 'X' times per week																
Reduce eating out to 'X' times per week																
Get 7-8 hrs of sleep/get to bed by 22:00																
Hit 'X' steps per day																
Reduce condiments																

Habit	Date	Day														Notes	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14		

Meal	Protein	Carbohydrates	Fat	Fruit and Veg	Condiments	Fluid
1						
2						
3						
4						
5						
6						
Macros						

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
Macros							

The majority of your shopping

Understand the calorific value

Limit

	Protein	Starchy carbohydrates and grains	Fruits	Vegetables	Fat
	Egg whites	Carrots old raw	Raspberries raw	Aubergine raw	Olives
	Yogurt greek plain 0% fat	Rice cakes plain low salt	Orange	Brussels sprouts boiled in unsalted water	Chia seeds
	Turkey rashers	Parsnip raw	Strawberries raw	Cabbage Chinese raw	Flax Seed (milled or whole)
	Chicken slices	Sweet potato raw flesh only	Peaches raw flesh and skin	Cauliflower boiled in unsalted water	Almonds with skin
	Turkey slices	Breakfast cereal wheat biscuits Weetabix type fortified	Plums average raw flesh and skin	Celery raw	Oil olive
	Arla Skyr Natural	Potatoes new and salad flesh only raw	Nectarines flesh and skin	Chard Swiss raw	Cashew nuts kernel only plain
	Tofu raw regular	Oat flakes rolled	Blueberries	Courgette raw	Avocado average flesh only
	Cod flesh only baked	Bread brown average	Pears raw flesh and skin	Cucumber raw flesh and skin	Coconut flesh only fresh
	Tuna	Potatoes old baked flesh and skin	Apples eating raw flesh and skin	Curly kale raw	Brazil nuts kernel only
	Beef slices sandwich meat	Muesli Swiss style no added sugar or salt unfortified	Mangoes ripe raw flesh only	Leeks raw	Macadamia nuts unsalted
	Cheese Quark	Bread malt fruited	Grapes average	Lettuce average raw	Mixed nuts (no peanuts)
	Whey protein powder	Bagel wholemeal toasted	Bananas flesh only	Mushrooms white raw	Butter salted
	Milk semi-skimmed	Rice white basmati raw		Onions raw	Oil coconut
	Beef Biltong	Rice brown wholegrain raw		Peppers bell raw mixed	
	Tuna canned in brine drained	Belvita fruit and fibre		Radish red raw flesh and skin	
	Turkey breast	Bagel cinnamon and raisin		Spinach baby raw	
	Turkey mince 2-7% fat	Rice cake Bunalun Dark Chocolate		Tomatoes standard raw	
	Sea bass flesh only baked	Lizis Original Granola		Watercress raw	
	Minced Beef 5-12%	Banana bread homemade			
	Tinned mackerel in tomato sauce	Pasta white dried			
	Lamb loin joint	Flapjacks retail			
	Yogurt Greek style plain	<b>Beans and pulses</b>			
	Salmon	Black beans canned drained			
	Eggs	Quinoa red and white raw			
	Mackerel flesh only grilled	Lentils green and brown whole dried boiled in unsalted water			
	Bacon rashers back grilled	Mixed beans canned drained			
	Beef sirloin steak raw lean				

