

6) WOD Diary & Food Log

Date: _____

Meals	CHO (grams/serving or blocks)	Protein (grams/serving/ blocks)	Fats (grams/serving or blocks)
1			
2			
3			
4			
5			
Snack 1			
Snack 2			
Water for the day:			

WOD DIARY			
Date:	Skill/Warm-up	WOD or Benchmark	Score
			Scaled /RxD
			Time:
			Weight:
			Reps:
			Rounds: