

.22 Caliber Nutrition Protocol Daily Tracking Form

Make copies of this form to help you track your daily eating plan compliance.



FIRE TEAM WHISKEY
MILITARY FITNESS PROTOCOL

My Calorie Range: _____

Date: _____

TIME	Non-Starchy Vegetables Unlimited	Starch/Fruit My Max: _____	Proteins My Max: _____	Fats/Oils My Max: _____
DAILY TOTALS	UNLIMITED			