

MCSC Fuel Log - What did you eat and drink?

Name:

Week of:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early AM Snacks?							
Breakfast							
AM Snacks?							
Lunch							
PM Snacks?							
Dinner							
Evening Snacks?							

MCSC Performance Log - What exercise did you do?

Name:

Week of:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM - 10:00AM							
10:00AM - 3:00PM							
3:00PM - 8:PM							
8:00PM - 11:00PM							