

ATHLETE PERFORMANCE NUTRITION

Comparison Log: Training vs. Competition vs. Recovery
Athlete: _____

PHASE	TOTAL CALORIES	CARBS (G)	PROTEIN (G)	FATS (G)	HYDRATION (L)
Base Training	2,800 - 3,200	350g (45%)	160g (20%)	120g (35%)	2.5 - 3.0
High Intensity	3,500 - 4,000	550g (55%)	175g (15%)	130g (30%)	4.0+
Competition Day	3,200 - 3,800	600g (65%)	140g (15%)	85g (20%)	3.5 - 4.5
Rest & Recovery	2,200 - 2,500	250g (40%)	185g (30%)	85g (30%)	2.0

PERFORMANCE OBSERVATIONS & MICRONUTRIENT FOCUS

*Values are estimates based on standardized metabolic testing. Individual requirements vary by body mass and sport.