

NUTRITION TEMPLATE



Resting Metabolic Rate	Activity Factor	Active Metabolic Rate	Macronutrient Breakdown			Water Requirement
.....Kcal	<ul style="list-style-type: none"> • Sedentary level: Little to no regular exercise. (factor 1.2) • Mild activity level: 1 to 3 times per week. (factor 1.375) • Moderate activity level: 3 to 4 times per week. (factor 1.55) • Heavy or (Labour-intensive) activity level: 5 to 7 days per week (factor 1.7) • Extreme level: Elite Athlete (factor 1.9) Kcalg. Carbohydrate		Litres
		g. Protein			
		 g. Fat			
Meal	Food Item(s)	Portion Size in grams	Macronutrient Breakdown			Calorie Total
			CHO	Pro	Fat	
Meal 1						
Meal 2						

Meal 3						
Meal 4						
Meal 5						