## Tägliche Ausfüll-Liste vom \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 🞎 Aufräumtag: 6-12 EP + max. 30 KH

Fax/Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 🞎 Totaltag : 6-12 EP + max. 60 KH

 Tag-Nr: \_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Zeit | Mahlzeiten | Größe Portion | Eiweißportion (EP) | Kohlenhydrate(KH) |
|  | FRÜHSTÜCK | 🞎 *Vitamin-Mineralstoff-NEM*🞎 *Omega-3-Fettsäure*🞎 *Ballaststoffe* |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  | MITTAGESSEN |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  | ABENDESSEN | 🞎 *Vitamin-Mineralstoff-NEM*🞎 *Omega-3-Fettsäure* |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  | *Protein mit Wasser* |  |  |  |
|  |  |  |  |  |
|  | TOTAL |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Ketostick** ablesen | 0 1 2 3 4 5 | **Wöchentlich Körperumfang messen:** |
|  |  |
|  | Tag 1 | Jetzt |  | Tag 1: cm | Jetzt: cm |
| Gewicht |  |  | Brust |  |  |
| Protein | 3x /Tag JA / Nein | Taille  |  |  |
| Wasser | Liter | Hüfte |  |  |
| Schrittzähler | Schritte | Oberschenkel |  |  |
| Extra Aktivität |  | Oberarme |  |  |