



NSCA Sports Nutrition Program

Weekly Dietary Assessment



Week: _____

Date: _____

Day	Calories	Carbs (g)	Protein (g)	Fat (g)		Fiber (g)
				Healthy	Unhealthy	
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
TOTALS						

Weekly Goals: _____

Comments / Feelings: _____
