

Rebecca Kennedy's HiLit Fuel Tracker

Week ____ of 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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[illegible]

The HiLit Training Plan

Rebecca Kennedy's HiLit Fuel Tracker

Week ____ of 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
HYDRATION (oz): _____ SUPPLEMENTS: _____ TOTAL SLEEP HOURS: _____		HYDRATION (oz): _____ SUPPLEMENTS: _____ TOTAL SLEEP HOURS: _____		HYDRATION (oz): _____ SUPPLEMENTS: _____ TOTAL SLEEP HOURS: _____		HYDRATION (oz): _____ SUPPLEMENTS: _____ TOTAL SLEEP HOURS: _____		HYDRATION (oz): _____ SUPPLEMENTS: _____ TOTAL SLEEP HOURS: _____	
SNACKS		SNACKS		SNACKS		SNACKS		SNACKS	
DINNER		DINNER		DINNER		DINNER		DINNER	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	