Ernährungstagebuch von \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Name) Woche vom \_\_\_\_\_\_\_\_\_\_\_\_ bis \_\_\_\_\_\_\_\_\_\_\_\_\_ (Datum)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ernährungstagebuch** | | | | | | | | | | |
|  | | **Beispiel** | **MO** | **DI** | **MI** | **DO** | **FR** | **SA** | **SO** | **Ø** |
| **Gewicht** | in kg (Uhrzeit) | 75 (07:30 Uhr) |  |  |  |  |  |  |  |  |
| **Energiemenge** | ist/soll - Wert | 2250/2300 kcal |  |  |  |  |  |  |  |  |
| **Proteinmenge** | ist/soll - Wert | 180g/190g  /kgFFM |  |  |  |  |  |  |  |  |
| **Fette** | ist-Wert, total | 75g |  |  |  |  |  |  |  |  |
| **Kohlenhydrate** | ist-Wert. total | 200g |  |  |  |  |  |  |  |  |
| **Beschreibung/**  **Kommentar/**  **Mitteilung** | Poten-zielle  Schwierig-  keiten +  Erklärung | Bspw. 2x Pils, Binding 0,5L |  | | | | | | | |