

My post-workout meal and label record

Keep the actual session, available meal and product questions together.

Review date

Actual activity and conditions

Previous meal and next available meal

Daily food record or agreed nutrition target

Next demanding session and turnaround

Exact product, serving and ingredients

Existing products, restrictions and questions

Next review or agreed professional step

This record does not calculate protein, fluid or supplement requirements.

Use current labels and individual advice for suitability and directions.

Persistent concerns and medical restrictions need professional review.