FUEL REPORT FOR: EXAMPLE CLIENT

Data Collection

Oxygen Uptake (VO2) ml/kg/min

Heart Rate bpm

Total Calories Expended per minute

Pace mph on treadmill

Carb Kcals/min
Fat Kcals/min
Heart Rate bpm

For comments or questions, please contact Laura V. Wheatley. Email: lavedee@ilstu.edu Phone: 309-438-2632
## FUEL REPORT FOR: EXAMPLE CLIENT

### EZ/Recovery

**Nutrition and Training**

<table>
<thead>
<tr>
<th>RQ</th>
<th>Heart Rate</th>
<th>Pace mph</th>
<th>VO2 ml/kg/min</th>
<th>Carbohydrate**</th>
<th>Fat</th>
<th>Carbs**</th>
<th>Fat</th>
<th>Carbs**</th>
<th>Fat</th>
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<td>61.4</td>
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</table>

**must be replaced during/after exercise**

*Fat calories do not need to be replaced if you are trying to lose weight.
FUEL REPORT FOR: EXAMPLE CLIENT

Application

Interpreting the Chart

➢ Each stage is represented on the horizontal axis by: Oxygen Uptake (VO2) above, and PACE (Min/Mi)) below.
➢ On the vertical axis, your heart rate is depicted on a line graph, and your fat/carbohydrate utilization is depicted on a bar graph.
➢ All values are their respective units PER MINUTE.

Application to Training

➢ Monitor your heart rate or pace during training.

➢ To calculate appropriate carbohydrate (CHO) fueling during and after training:
  * Determine what your current heart rate or workload is.
  * Consult the chart to see how many CHO (red column) you are burning per minute.
  * Multiply the number of CHO burned by the minutes you are exercising.
  * Refuel approx. 25-50% of CHO during exercise, and the rest afterward.
  * Refuel gradually - every 10-20 minutes instead of all at once.
  * 1 gram of CHO = 4 kcals: read food labels carefully.

➢ To calculate appropriate FAT refueling after exercise:
  * Fat does not need to be consumed during exercise - it is a slow process of digestion and your body has nearly unlimited stores of fat to use. However, if it helps curb hunger, it may be consumed to help replace total calories expended (it does NOT count toward CHO replacement).
  * If your goals are to LOSE fat mass, then fat calories expended during exercise do NOT need to be replaced.
  * If your goals are to maintain your body composition, then you can replace fat calories with healthy sources of fat, as well as protein to maintain muscle mass after exercise.
  * 1 gram of fat = 9 kcals, 1 gram of protein = 4 kcals.

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