

Water (1 cup per checkbox)

Check 1 box per cup

1 cup = 8 fluid oz = 0.24 liters

Nutritional Goals:

Notes:

Body fat and lean body mass calculator:
http://www.building-muscle101.com/body_fat_calculator.html

Calorie and nutritional intake calculator:
http://www.building-muscle101.com/calorie_calculator.html

Water intake calculator
http://www.building-muscle101.com/water_calculator.html