NAME	

LABORATORY 3 DATA SHEET - WEEK 1

DATE	Participant ID (no names)	

Food/Drink Selection and Calculations			
	Food/Drink Type	Dose (30 or 60 g CHO)	Calculated Food Amount with units
Low Glycemic Index			
High Glycemic Index			

Food Calculations

Scheduling and Controls for Weeks 2 and 3

NAME	

LABORATORY 3 DATA SHEET - WEEK 2

Participant ID (no names)					
Food/I	Food/Drink Type and Amount for Ingestion:				
Exercis	se Mode and I	ntensity:			
		Exerc	ise Condition		
Time	Blood Glucose	RPE	Notes		
то					
T10					
T20					
T40					
	Participant ID (no names) Food/Drink Type and Amount for Ingestion:				
		No Exe	rcise Condition		
Time	Blood Glucose	Notes			
то					
T20					
T40					

NAME		

LABORATORY 3 DATA SHEET - WEEK 3

Partici	ipant ID (no na	ames)	
Food/	Drink Type and	d Amount for Ingestion:	
Exerci	se Mode and I	Intensity:	
		Ex	ercise Condition
Time	Blood Glucose	RPE	Notes
ТО			
T10			
T20			
T40			
	pant ID (no na Drink Type and	d Amount for Ingestion:	
		No E	xercise Condition
Time	Blood Glucose	Notes	
то			
T20			
T40			

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LABORATORY 3 DATA SHEET - NOTES