



Am I Compliant?

Week 1 Compliance	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Here's How The Compliance Chart Works:

1. Each time you eat a meal designated for that time slot, you get to put an "X" in the box.
2. Each time you miss a meal, you put a "O" in the box.
3. Each time you eat a non-compliant meal, you put a * in the box.
4. If the meal isn't applicable, you simply put N/A in the box.

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	At the end of the week it's time to tally it all up.				
	1. Add up total meals				
	2. Subtract your "O" and your * from your total meals				
	3. Divide this number into your total meals to find out your % of compliance.				
	Example: 35 meals total with 5 total "O" and *= 30. 30/35 = 86%				
	*For optimal results rememeber you MUST be compliant 90% of the time.				



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