

| Body Weight <i>(lbs.)</i> | Body Mass <i>(kilograms)</i> | Post-Training CHO Intake <i>(grams)</i> | Post-Training CHO Intake <i>(calories)</i> | Post-Training PRO Intake <i>(grams)</i> | Post-Training PRO Intake <i>(calories)</i> | Post-Training Caloric Intake <i>(calories)</i> | Post-Training Chocolate Milk <i>(ounces)</i> |
|-------------------------------------|--|---|--|---|--|--|--|
| 96 | 43.5 | 54 | 207 | 14 | 54 | 261 | 13.7 |
| 98 | 44.4 | 56 | 211 | 14 | 56 | 267 | 14.0 |
| 100 | 45.4 | 57 | 215 | 14 | 57 | 272 | 14.3 |
| 105 | 47.6 | 60 | 226 | 15 | 60 | 286 | 15.0 |
| 107 | 48.5 | 61 | 230 | 15 | 61 | 291 | 15.3 |
| 108 | 49.0 | 61 | 233 | 15 | 61 | 294 | 15.5 |
| 110 | 49.9 | 62 | 237 | 16 | 62 | 299 | 15.8 |
| 112 | 50.8 | 63 | 241 | 16 | 63 | 305 | 16.0 |
| 115 | 52.2 | 65 | 248 | 16 | 65 | 313 | 16.5 |
| 117 | 53.1 | 66 | 252 | 17 | 66 | 318 | 16.8 |
| 120 | 54.4 | 68 | 259 | 17 | 68 | 327 | 17.2 |
| 122 | 55.3 | 69 | 263 | 17 | 69 | 332 | 17.5 |
| 125 | 56.7 | 71 | 269 | 18 | 71 | 340 | 17.9 |
| 126 | 57.1 | 71 | 271 | 18 | 71 | 343 | 18.0 |
| 130 | 59.0 | 74 | 280 | 18 | 74 | 354 | 18.6 |
| 132 | 59.9 | 75 | 284 | 19 | 75 | 359 | 18.9 |
| 134 | 60.8 | 76 | 289 | 19 | 76 | 365 | 19.2 |
| 135 | 61.2 | 77 | 291 | 19 | 77 | 367 | 19.3 |
| 136 | 61.7 | 77 | 293 | 19 | 77 | 370 | 19.5 |
| 138 | 62.6 | 78 | 297 | 20 | 78 | 376 | 19.8 |
| 139 | 63.0 | 79 | 299 | 20 | 79 | 378 | 19.9 |
| 140 | 63.5 | 79 | 302 | 20 | 79 | 381 | 20.1 |
| 142 | 64.4 | 80 | 306 | 20 | 80 | 386 | 20.3 |
| 145 | 65.8 | 82 | 312 | 21 | 82 | 395 | 20.8 |
| 146 | 66.2 | 83 | 315 | 21 | 83 | 397 | 20.9 |
| 150 | 68.0 | 85 | 323 | 21 | 85 | 408 | 21.5 |
| 157 | 71.2 | 89 | 338 | 22 | 89 | 427 | 22.5 |
| 160 | 72.6 | 91 | 345 | 23 | 91 | 435 | 22.9 |
| 165 | 74.8 | 94 | 355 | 23 | 94 | 449 | 23.6 |
| 170 | 77.1 | 96 | 366 | 24 | 96 | 463 | 24.3 |
| 210 | 95.2 | 119 | 452 | 30 | 119 | 571 | 30.1 |

