DAY 1							
Food	**Servings**	**ALA**	**Men: 8% of Total ω-3 ALA = EPA**	**Women: 21% of Total ALA = EPA**	**Women: 9% of ALA-derived EPA =DHA**	**EPA/DHA**	**AA**
DAY 1 TOTALS		**ALA=**	**Men's EPA from ALA=**	**Women's EPA from ALA=**	**Women's DHA from ALA-derived EPA =**	**EPA/ DHA=**	**AA=**
Men: add the amount of EPA you derived from ALA to your EPA/DHA total. **Women: add the amounts of EPA and DHA you derived from ALA to your EPA/DHA total.**							
Day 1 Ratio ω-6: ω-3* =							
To get your ω-6: ω-3 ratio, divide your total AA by your total EPA/DHA for the day. The resulting number will be the number of grams of AA you are consuming for each 1 gram of EPA/DHA you are consuming. Your goal is a ratio of no greater than 4:1, or at least 1 gram of EPA/DHA for every 4 grams of AA you are consuming.							

DAY 2							
Food	**Servings**	**ALA**	**Men: 8% of Total ω-3 ALA = EPA**	**Women: 21% of Total ALA = EPA**	**Women: 9% of ALA-derived EPA =DHA**	**EPA/DHA**	**AA**
DAY 1 TOTALS		**ALA=**	**Men's EPA from ALA=**	**Women's EPA from ALA=**	**Women's DHA from ALA-derived EPA =**	**EPA/ DHA=**	**AA=**
Men: add the amount of EPA you derived from ALA to your EPA/DHA total. **Women: add the amounts of EPA and DHA you derived from ALA to your EPA/DHA total.**							
Day 1 Ratio ω-6: ω-3* =							
To get your ω-6: ω-3 ratio, divide your total AA by your total EPA/DHA for the day. The resulting number will be the number of grams of AA you are consuming for each 1 gram of EPA/DHA you are consuming. Your goal is a ratio of no greater than 4:1, or at least 1 gram of EPA/DHA for every 4 grams of AA you are consuming.							

DAY 3							
Food	**Servings**	**ALA**	**Men: 8% of Total ω-3 ALA = EPA**	**Women: 21% of Total ALA = EPA**	**Women: 9% of ALA-derived EPA =DHA**	**EPA/DHA**	**AA**
DAY 1 TOTALS		**ALA=**	**Men's EPA from ALA=**	**Women's EPA from ALA=**	**Women's DHA from ALA-derived EPA =**	**EPA/ DHA=**	**AA=**
Men: add the amount of EPA you derived from ALA to your EPA/DHA total. **Women: add the amounts of EPA and DHA you derived from ALA to your EPA/DHA total.**							
Day 1 Ratio ω-6: ω-3* =							
To get your ω-6: ω-3 ratio, divide your total AA by your total EPA/DHA for the day. The resulting number will be the number of grams of AA you are consuming for each 1 gram of EPA/DHA you are consuming. Your goal is a ratio of no greater than 4:1, or at least 1 gram of EPA/DHA for every 4 grams of AA you are consuming.							

DAY 4							
Food	**Servings**	**ALA**	**Men: 8% of Total ω-3 ALA = EPA**	**Women: 21% of Total ALA = EPA**	**Women: 9% of ALA-derived EPA =DHA**	**EPA/DHA**	**AA**
DAY 1 TOTALS		**ALA=**	**Men's EPA from ALA=**	**Women's EPA from ALA=**	**Women's DHA from ALA-derived EPA =**	**EPA/ DHA=**	**AA=**
Men: add the amount of EPA you derived from ALA to your EPA/DHA total. **Women: add the amounts of EPA and DHA you derived from ALA to your EPA/DHA total.**							
Day 1 Ratio ω-6: ω-3* =							
To get your ω-6: ω-3 ratio, divide your total AA by your total EPA/DHA for the day. The resulting number will be the number of grams of AA you are consuming for each 1 gram of EPA/DHA you are consuming. Your goal is a ratio of no greater than 4:1, or at least 1 gram of EPA/DHA for every 4 grams of AA you are consuming.							

DAY 5							
Food	**Servings**	**ALA**	**Men: 8% of Total ω-3 ALA = EPA**	**Women: 21% of Total ALA = EPA**	**Women: 9% of ALA-derived EPA =DHA**	**EPA/DHA**	**AA**
DAY 1 TOTALS		**ALA=**	**Men's EPA from ALA=**	**Women's EPA from ALA=**	**Women's DHA from ALA-derived EPA =**	**EPA/ DHA=**	**AA=**
Men: add the amount of EPA you derived from ALA to your EPA/DHA total. **Women: add the amounts of EPA and DHA you derived from ALA to your EPA/DHA total.**							
Day 1 Ratio ω-6: ω-3* =							
To get your ω-6: ω-3 ratio, divide your total AA by your total EPA/DHA for the day. The resulting number will be the number of grams of AA you are consuming for each 1 gram of EPA/DHA you are consuming. Your goal is a ratio of no greater than 4:1, or at least 1 gram of EPA/DHA for every 4 grams of AA you are consuming.							