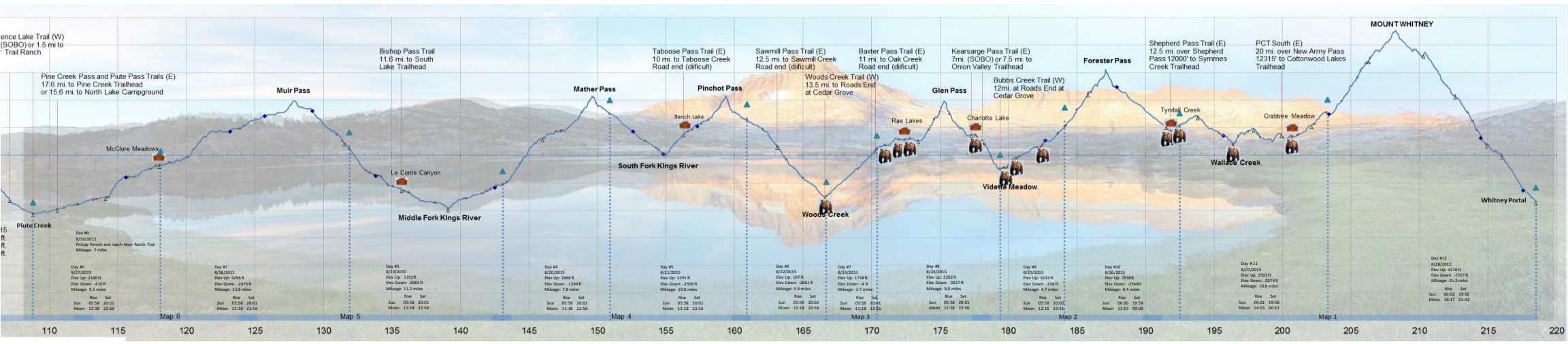


JMT - 2015

Camping Date	Location	GPS coordinates	Day stats	Notes
8/16/2015	Muir Ranch	7.08		Muir Ranch Trail
8/17/2015	McClure Meadows	7.22 37°11'16.54"N 118°44'30.02"W	9.3 Miles 2180 ft.	several small to large sized sites towards the eastern end of McClure Meadow, beautiful views to Mt. Darwin and the Hermit
8/18/2015	Starr Camp	8.04 37° 6'51.57"N 118°38'15.40"W	13.8 Miles 3296 ft.	Starr Camp; lots of good sites among young lodgepole pines to the south of the trail; beautiful views of Languille Peak, the Black Giant and Le Conte Canyon
8/19/2015	No land mark	8.25 37° 3'16.48"N 118°31'8.11"W	11.2 Miles 1352 ft.	medium-size site beneath lodgepole forest towards base of the Golden Staircase. After creek crossing at Deer Meadow
8/20/2015	After Mather Pass	9.01 37° 0'4.17"N 118°27'11.33"W	7.8 Miles 3860 ft.	ample sites among small tarns in Upper Basin
8/21/2015	After Pinchot Pass	10.01 36°55'35.63"N 118°23'58.08"W	10 Miles 2291 ft.	small sandy sites among whitebark pines; addition sites next to tarns to the northeast of the trail
8/22/2015	Wood Creek	10.06 36°52'24.65"N 118°26'15.43"W	5.8 Miles 107 ft.	large site just south of Woods Creek Crossing with room for 20 parties; addition sites on the knob to the southwest of the trail; bear boxes
8/23/2015	North Dollar Lake	10.08 36°50'4.38"N 118°24'28.17"W	3.7 Miles 1728 ft.	several sites to the north of Dollar Lake; beautiful reflections of Fin Dome in the lake
8/24/2015	Vidette Meadows	11.06 36°45'36.28"N 118°24'31.17"W	9.0 Miles 2282 ft.	large sites in lodgepole forest at Vidette Creek junction
8/25/2015	After "center creek crossing"	11.19 36°42'47.94"N 118°22'19.11"W	4.7 Miles 1633 ft.	medium-size site beneath last stand of stunted whitebark pines; excellent views
8/26/2015	Tyndall Frog Ponds	12.04 36°38'6.90"N 118°23'7.92"W	8.4 Miles 2599 ft.	Tyndall Frog Ponds, large site under open lodgepole pines; bear box
8/27/2015	Arctic Lake Outlet	12.2 36°34'20.54"N 118°18'51.09"W	10.8 Miles 2503 ft.	many exposed, sandy sites among slabs between the trail and Guitar Lake; alpine scenery and beautiful views to Mt. Whitney
8/28/2015	Lone Pine	13.07	15.2 Miles 4216 ft.	Whitney Portal



ence Lake Trail (W) (SOBO) or 1.5 mi to Trail Ranch

Pine Creek Pass and Plute Pass Trails (E) 17.6 mi to Pine Creek Trailhead or 15.6 mi to North Lake Campground

Bishop Pass Trail 11.6 mi to South Lake Trailhead

Taboose Pass Trail (E) 10 mi to Taboose Creek Road end (difficult)

Sawmill Pass Trail (E) 12.5 mi to Sawmill Creek Road end (difficult)

Baxter Pass Trail (E) 11 mi to Oak Creek Road end (difficult)

Kearsarge Pass Trail (E) 7 mi (SOBO) or 7.5 mi to Onion Valley Trailhead

Forester Pass 12.5 mi over Shepherd Pass 12000' to Symmes Creek Trailhead

Shepherd Pass Trail (E) 12.5 mi over Shepherd Pass 12000' to Symmes Creek Trailhead

PCT South (E) 20 mi over New Army Pass 12315' to Cottonwood Lakes Trailhead

MOUNT WHITNEY

Whitney Portal

Plute Creek

McClure Meadows

Middle Fork Kings River

South Fork Kings River

Wood Creek

Bench Lake

Rae Lakes

Charlotte Lake

Vidette Meadow

Tyndal Creek

Wallace Creek

Crabtree Meadow

Map 6

Map 5

Map 4

Map 3

Map 2

Map 1

15 ft. ft.

110

115

120

125

130

135

140

145

150

155

160

165

170

175

180

185

190

195

200

205

210

215

220

Crib Sheet (for South Half of JMT only)

B=Bus, C=Car Rental; LK=Links; M=Motels; P=Parks; PK=Packers; R=Resupply Stop; S=Shuttle; SF= Sheriff; Sh=Showers

•**B1** <http://www.estransit.com/> Eastern Sierra Transit Authority Ph: 800-922-1930 or 7690-872-1901

Round trips between Bishop & Reno on Mon - Tue - Thur - Fri Reservations encouraged

Lone Pine<->Reno NorthBound Depart SouthBound Depart Times

Lone Pine MacDonald's, 601 S. Main St. 6:15am 7:40pm

Independence Court House, 168 Edwards 6:30am 8:45am 5:15pm

Bishop Kmart, 1200 Main St. 7:30am 9:40am 6:10pm

Bishop to Lone Pine Southbound, Monday thru Friday (2 times daily) Departures

Bishop Kmart, 1200 Main St. 7:00am 1:15pm

Independence Post Office, 101 S. Edwards 7:55am 2:10pm

Lone Pine MacDonald's, 601 S. Main St. 8:10am 2:25pm

Round-Trip between Mammoth & Lancaster Southbound Depart Northbound Depart Times (Mon - Wed - Fri)

Mammoth Lakes McDonalds, 1 Sierra Park Dr. 7:35am 7:00pm

Bishop Kmart, 1200 Main St. 8:30am 6:10pm

Independence Post Office, 101 S. Edwards 9:15am 5:15pm

Lone Pine MacDonald's, 601 S. Main St. 9:40am 5:00pm

Lancaster (Metrolink Station/to L.A.) 12:45pm 2:00pm

•**B2 YARTS Bus** (Mammoth to Toulumne Meadows), www.yarts.com YARTS@yosemite.com. YARTS 877-989-2787 or 209-388-9589. Departs Mammoth at 8:30am on north side of street in front of Shilo Inn. (***Crest bus from Lone Pine only runs Mon,Tue,Thur, Fri.***)

•**C1** <http://www.mammothcarrentals.com/> **Mammoth Car Rentals** Reservations: Mammoth Lakes 760-934-7004, 3218 Main St. (located inside Kittredge Sports), Airport 760-934-2271 mammothcarrental@gmail.com

•**C2 Car Rentals in Lancaster, CA** (also reachable by bus from Lone Pine, CA; south of Lone Pine 141 miles)

Enterprise Rent-A-Car www.enterprise.com 661-945-4611 811 West Avenue K

Hertz Local Edition www.hertz.com 661-726-2060 43440 10th Street West, Ste. 101

Budget Rent-A-Car www.budget.com 661-942-1416 43365 10th St. W; 221 W. Ave. J - ph 661-948-2385

Avis Rent-A-Car www.avis.com 661-945-3483 221 West Avenue J

Note: only Hertz allows pick up and drop off in different locations.

Crib Sheet (for South Half of JMT only)

•**C3 Car Rentals in Bishop, CA** (58 mi.N. of Lone Pine): www.enterprise.com Enterprise Rent-A-Car 187 W. Line St. 760-873-3704. www.hertz.com Hertz 107 S. Main 760-872-2272.

•**LK John Muir Trail Links:** <http://www.backpack45.com/johnmuirtrail.html> • <http://johnmuirtrail.org/> • <http://www.kevinaston.com/JohnMuirLinks.html>
• http://www.whitneyportalstore.com/data/EWenk_JMT.htm • <http://jrabold.net/yosemite/transp.htm> link is “Traveling to and Within Yosemite”.

• <http://groups.yahoo.com/group/johnmuirtrail/>

•M1 Lone Pine Motels or Hostels:

Dow Villa Motel www.dowvillamotel.com 760-876-5521 800-824-9317 310 S.Main St.

Whitney Portal Hostel www.whitneyportalstore.com 760-876-0030 238 S.Main St.

Comfort Inn www.yelp.com/biz/comfort-inn-lone-pine 760-876-8700 1920 S.Main St.

Mt Whitney Motel www.mtwhitneymotel.com 760-876-4207 800-845-2362 305 N.Main St.

Best Western Frontier <http://tinyurl.com/yhyu6w2> 760-876-5571 1008 S.Main St.

The Trails Motel www.trailsmotel.com 760-876-5555 800-862-7020 633 S.Main St.

•M2 Independence, CA Motels:

Mt Williamson Motel www.mtwilliamsonmotel.com 760-878-2121 866-428-4352 515 S.Edwards St.

Ray’s Den Motel www.raysden.com 760-878-2122 405 N.Edwards St.

Mt. Williamson Motel will shuttle hikers to Onion Valley for \$75/trip if they stay a night at the motel - full Resupply Package also available at \$175/person.
www.backpack45.com/johnmuirtrail.html

•**P1 Yosemite NP:** 9:00a to 5:00p pt (1 hr.lunch) 209/372-0200 - press 3 then 5 to speak to a ranger. For Emergencies call 911; or 209-379-1992 - 24/7 emergency number for the park dispatch office. www.nps.gov/yose yose_emergency_communications@nps.gov - email for other than 911

•**P2 Sierra National Forest - High Sierra Ranger District Office** 559-855-5355 or 559-855-5360, 7 days/wk; 8a-4:30p (Sierra National Forest contains Ansel Adams Wilderness and John Muir Wilderness area); High Sierra Supervisor’s ofc 559-297-0706

www.fs.fed.us/r5/sierra/recreation/wilderness/areas.shtml Sierra NF/Prather email Mon-Fri - tattyrichards@fs.fed.us; Sat-Sun - trbegaye@fs.fed.us

•**P3 Emergency Numbers:** 911 or

First segment: Yosemite NP: 209-379-1992 - 24/7 Park Dispatch; email: yose_emergency_communications@nps.gov

Middle 1/4 segment: You will be passing thru multiple different jurisdictions and your family will not likely know exactly what jurisdiction you are in. Call the **Fresno County Sheriff's Office 24/7 dispatch line 559-600-3111/800-522-0086**. They co-ordinate all search and rescue operations with the applicable National Forest/Wilderness. Most of the Yosemite-to-Kings stretch is in Fresno County and if you are outside the County, Fresno dispatch will help hand you off to the right agency.

Last 1/2 segment: call **559-565-3195 24/7 Sequoia and Kings Canyon National Parks Dispatch**; Sierra NF/Prather email Mon-Fri - tattyrichards@fs.fed.us; Sat-Sun - trbegaye@fs.fed.us

Crib Sheet (for South Half of JMT only)

- **P4 Devils Postpile National Monument:** 760-934-2289 <http://www.nps.gov/depo/contacts.htm>
- **P5 Inyo National Forest:** 760-873-2400; 8a-4:30p (closed 1 hr. lunch) www.fs.usda.gov/inyo/
- **P6 Sequoia & Kings Canyon National Park:** Visitor's Center 559-565-4212, or 559-565-3341 automated, 8a-4:30p daily. Call 911 from any telephone within the park in an emergency. Wilderness Permit Office 559-565-3766. 24-Hour Dispatch – **emergency only 559-565-3195**. www.nps.gov/seki
- **PK1 Pine Creek Pack Station**, PO Box 968, Bishop, CA 93515, (**aka Sequoia Kings Pack Train**; servicing Shepherd, Kearsarge, Sawmill, Taboose Passes, plus Woods Creek/points nearby, Evolution Valley, and High Sierra Trail). 760-387-2797 pack station up at Pine Creek Canyon, Bishop, CA; 800-962-0775 for reservations; 760-387-2627 winter office/home. Owner: Danica Berner at pinecreekps@aol.com or bernerspack@yahoo.com. Packer will ship your resupply to the Onion Valley Trailhead for pickup, or for additional \$, they will pack it in and meet you at Charlotte Lake or Kearsarge Lakes.
- **PK2 Dennis Winchester, Cottonwood Pack Trains**, 760-878-2015, 910 Gibson Ranch Rd., Independence, CA 93526. At Horseshoe Meadows provides the dunnage, spot trip & continuous hire trips to Cottonwood Lakes, Crabtree Lakes, Rock Creek and the Golden Trout Wilderness. http://www.manta.com/coms2/dnbcompany_jr3qv1
- **PK3 Rock Creek Pack Station**, PO Box 248, Bishop, CA 93515, (760) 872-8331. Operating as Mt. Whitney Pack Trains originates trips primarily from Horseshoe Meadows but occasionally from Sage Flat, Sawmill, Taboose, Shepherd and Kearsarge Pass trail heads. info@rockcreekpackstation.com <http://tinyurl.com/ygd76qk>
- **PK4 Rainbow Pack Outfitters** 760-873-8877, serves JMT hikers at Bishop Pass or on the JMT at the Bishop Pass Junction. rainbowpackers@aol.com <http://rainbow.zb-net.com/resupplies.php>
- **PK5 Cedar Grove Pack Station** serves JMT hikers at Woods Creek. 559-565-3464-summer; 559-337-2413-winter; Address winter-PO Box 46, Badger, CA 93603; summer-108300 Cedar Lane, Kings Canyon National Park, CA 93262
- **PK6 List of High Sierra Packers:** http://www.owensvalleyhistory.com/pack_stations/page54.html (Eastern Sierra Packers) <http://www.highsierrapackers.org/packers.html> (Western Sierra Packers)
- **R1 Red's Meadow Resort** www.redsmeadow.com/ 760-934-2345 rmeps395@aol.com Packages may be picked up at Red's Meadow General Store between 7 a.m. and 7 p.m. ONLY.
- **R2 Vermillion Valley Resort at Edison Lake** <http://edisonlake.com/site/> 559-259-4000 info@edisonlake.com The Edison Queen ferry, runs 7 days a week, drought issues permitting, w/special departures upon request. The boat dock at the mouth of Mono Creek is less than a mile from the main PCT/JMT trail. Check out new optional Back of Edison Lake Resupply service. VVR Shuttle Service to Fresno. **Ferry schedule 2015:** 8am - 12n small boats. Signage at all junctions. Alternative trail approaches/exits to/from VVR www.edisonlake.com/hikers/ferry
- **R3 Muir Trail Ranch**, <http://www.muirtrailranch.com/> - resupply pickup open seven days a week from 8 AM to 5 PM - howdy@muirtrailranch.com (preferred contact method) - (209) 966-3195.
- **S1 Shuttle Services for High Sierra Trailheads:** <http://climber.org/data/shuttles.html>. Among others listed is private shuttle service of Kurt Pauer - Lone Pine, 760-876-4811.

Crib Sheet (for South Half of JMT only)

- S2 Shuttle and Taxi Services Mammoth:** Mammoth Shuttle/Rolph Knutson 760-914-2678 cell; Mammoth Taxi LLC 760-937-TAXI(8294) www.mammoth-taxi.com/; Mammoth Shuttle System 8am-10pm: 760-934-6588; After hours: 760-914-2678 cell; <http://originalmammothshuttle.com/>; Eastern Sierra Transit Authority ESTA/Inyo-Mono Dial-a-Ride 800-922-1930, www.estransit.com; Mammoth Cabs 760-924-2227; My Mammoth/Mark Deeds 760-709-6459 cell; East Side Sierra Shuttle/Paul Fretheim, 760-878-8047 <http://www.eastsidesierrashuttle.com/>, paul@inyopro.com
- S3 Yosemite Valley shuttle**, 7am-10pm; Tuolumne Meadows Shuttle Bus 7a-6p (between Tuolumne Meadows and Olmsted Point every ½ hr) www.nps.gov/yose/planyourvisit/bus.htm also www.yosemitepark.com/glacier-point-tour.aspx Also www.yosemitepark.com/bus-tours.aspx
- S4 Yosemite Area Rapid Transit (YARTS)** (Mammoth to Tuolumne Meadows), www.yarts.com YARTS@yosemite.com. **YARTS 877-989-2787 or 209-388-9589. Departs Mammoth at 8:30am on north side of street in front of Shilo Inn. (Crest bus from Lone Pine only runs Mon,Tue,Thur, Fri.);** Further info for YARTS: 800-626-6684; Mammoth tourist center brokers tickets from Mammoth and Lee Vining; In Yosemite, purchase advance tickets at the DNC information kiosk or at Yosemite Lodge; Tickets can also be purchased directly from the bus driver; Bus goes from Mammoth to Yosemite Valley in the morning, back in evening, with stops at Tuolumne, White Wolf and Crane Flat. <http://climber.org/data/shuttles.html>
- SH1 Showers:** Whitney Portal Store (1 shower), \$3 no towel/timer, 9a-6p; Whitney Portal Hostel (Lone Pine-5 showers), \$5 w/towel, soap, no timer, 7a-8:30p; Subway/Chevron complex, Independence (in town), \$7 (towel, soap incl.), 6a-10p M-F, 7a-10p Wkends; Reds Meadow Campground (6 showers), no chg/donations apprec., nr Devils Postpile; RV Park 760-934-3822 across from Mammoth Lakes Welcome Center, 10a-5p \$6 no soap/towel; Mammoth Mountain Inn \$10 towel and soap, 8a-10p summer, 760-934-2851, ask at front desk. <http://climber.org/data/showers.html>
- SF Sheriffs:** Mono County Sheriff 760-935-4066, or 760-932-7549 ext.7 - Dispatch; Inyo County Emergency Services **760-878-0383** is 24-hr Dispatch for each Bishop Sheriff (760-873-7887), Independence Sheriff (760-878-2441), and Lone Pine Sheriff (760-876-5606); Tulare County Search and Rescue SAR Coordinator 559-733-6218, Tulare County Sheriff's Department 559-733-6220 9a-5p M-F. **Note: Sheriff offices exist in multiple cities in the county (reason for multiple numbers listed above). "If someone is concerned because you are running late returning from your trip, they should call the local sheriff's office." BK**

Gear List

Camping and Pack

Item	Acquired	Weight Verified	Comments	Weight (Oz)	Weight (lbs)
Backpack + Pack liner	Yes	y	Osprey Exos 58	40	2.5
Sleeping Bag	Yes	y	Sierra Design Cal 13	29.6	1.85
Sleeping Pad	Yes	y	Big Agnes INSULATED AIR CORE	25.6	1.6
Tent + Foot Print	Yes	y	Zpack Hexamid solplex	17.7	1.125
Total Weight				112.9	7.075

Safety and Hygiene

Item	Acquired	Weight Verified	Comments	Weight (Oz)	Weight (lbs)
Head Light	Yes	y	Princeton/Tec Remix	3	0.190
Bear Can	Yes	y	Wild Ideas/Bearikade (custom)	35	2.188
Bug Repellent	Yes	y		2.4	0.150
Mosquito head net	yes	y		2.1	0.130
Sanitary Shovel	Yes	y	U-DiG-IT Pro	6.88	0.430
Hand Sanitizer	Yes	y		2.4	0.150
In Reach Deloremo SE	yes	y	Deloremo	7.6	0.475
Tooth Brush + Tongue Cleaner + Comb	yes	y	Tooth Brush: 1oz	2	0.125
First-Aid-Kit	Yes	y	Custom made. Including Ice Hot, Advil, anti Bacterial cream, Anti-Itch cream, Chap stick	10.2	0.638
Repair Kit (Tent, Sleeping pad and Water bag)	Yes			2	0.063
Water Bucket (Sea to Summit 10 L)	Yes	y	Sea to Summit free standing	3.3	0.206
Bidet and small amount of Toilet Paper	Yes	y	Brondell GS-70 GoSpa Travel Bidet	4	0.250
Trash covers	Yes	y		0	0.000
Tooth Paste	Yes	y	2 * 0.9oz (Colgate Travel size)	0.9	0.056
DuckTape	yes	y		0.8	0.050
Nylon gay cord (Wrist Band ?)	yes	y		0.8	0.050
Sun Glasses	Yes	y		0.8	0.050
Whistle	Yes	y		1.6	0.100
Soap Suds	Yes	y		5.7	0.356
Total Weight				91.48	5.656

Clothing

Item	Acquired	Weight Verified	Comments	Weight (Oz)	Weight (lbs)
Jacket	Yes	y	Thermoball Jacket (North face)	12.4	0.775
Towel (Large)+(small)	Yes	y		6.88	0.43
Rain Jacket + Pants	Yes	y	12 (north face) +2.8 (self-made Cuben Fiber)	14.8	0.925
Pant + Shirt + underwears-2	yes	y	11oz+7oz+5oz	23	1.44
Big Brim Hat	Yes	y		2.8	0.18
Socks (wickman) -1	Yes	y		4.8	0.3
Gloves	Yes	y		2.8	0.18
Monkey Cap	yes	y		1.4	0.09
Total Weight				68.88	4.32

Cooking and Water

Item	Acquired	Weight Verified	Comments	Weight (Oz)	Weight (lbs)
Water Filter	Yes	y	Squeeze Sawyer	5	0.3125
Water (2 Liter) Hydration Pack without Water	Yes	y	Hydration Pack:Platypus 3Ltrs	5.4	0.3375
Aqua Mira Tablets	yes	y	Aqua Mira; 84 tablets	1.6	0.1
Small kitchen knife	Yes	y		4	0.25
Snow Peak Giga Power stove	Yes	y	Snow Peak	4.4	0.275
Snow Peak Trek 1400 Titanium Cook set	Yes	y	Snow Peak	6.7	0.41875
coffee mug	yes	y	Snow Peak	2	0.125
Spork	Yes	y	Sea to Summit	0.3	0.01875
JetBoil Fuel	Yes	y	Jet Boil	7	0.4375
Matches and Lighter	Yes	y		1	0.0625
Electrolite Tablets for water	Yes	y	Elixir	3	0.1875
Empty Water Bottles	Yes	Y		2	0.125
Dish Cleanin brush and scraper	Yes	y	MSR	0.8	0.05
Total Weight				43.2	2.650

Camera

Item	Acquired	Weight Verified	Comments	Weight (Oz)	Weight (lbs)
Tripod	Yes	y	SIRUI T-1205X 5-Section Carbon Fiber Tripod with SIRUI G-10 29mm Ball head	40.8	2.55
Camera Body	Yes	y	Canon 5D Mark II	31	1.94
Camera Bag	Yes	y	Clik Elite	16.8	1.05
24-105mm/F4 Lens	Yes	y	Canon	24	1.50
14mm/F2.8 Lens	Yes	y	Rokinon	20.8	1.30
Circular Polarizer	Yes		Singhray		0.00
2 and 3 Stop Hard/soft GND	Yes	y	Singhray	7.2	0.45
Cable Release	Yes	y	Meike	2.7	0.17
Memory cards	Yes	y	CF 16GB X 5	2.5	0.16
Iphone Charger	Yes	y		0.5	0.03
Delorm Charger	Yes	y		0.5	0.03
5D markII Batteries -6 no.s	Yes	y	Maxima Power (8 -20 oz)	5	0.31
GPS (AA Goal Zero) -2Nos.	No	Y			0.00
Head light (AAA Goal Zero) 3No.s	No	Y			0.00
				Total Weight	9.46

Miscellaneous

Item	Acquired	Weight Verified	Comments	Weight (Oz)	Weight (lbs)
River Xing, Camp Shoes	yes	y	Feel Max, Osma Bare feet	9.6	0.6
GPS	Yes	y	0.5lbs; Replaced by inReach SE	0	0
Rain cover for backpack	Yes	y		3.5	0.22
Trail Map Pack	Yes	y		3	0.19
Solar Charger -Guide10	yes	y	BatteryPack	7	0.4375
Solar Pannel for Changing (head-light, GPS, iPhone)	Yes	y		18	1.125
Tide washing liquid			Use and discard at resupply points	0	NA
Journal (custome) + pen	Yes			0	
				Total Weight	2.5725

Category	Total Weight
Camping and Pack	7.075
Cooking and Water	2.650
Clothing	3.945
Safety and Hygiene	5.469
Camera	9.46
Food	0
Miscellaneous	2.5725
Total Weight with Water	31.17

Total Weight without Food/water : 31.17 lbs

Food weight varies between resupply points

Muir Ranch Trail -> Wood Creek : 9 lbs

Wood Creek -> Whitney Portal : 9 lbs

Water 1.5 ltr : 3.3 lbs

Grand Total : 43.47 lbs

Food Plan

1	2	3	4	5	6	7	8	9	10	11	12
8/17	8/18	8/19	8/20	8/21	8/22	8/23	8/24	8/25	8/26	8/27	8/28

DAILY CALORIES													Averages
<i>Breakfast</i>	305	305	305	305	305	305	305	305	305	305	305	305	305
<i>Lunch and Snacks</i>	1,230	1,230	1,230	1,230	1,230	1,230	1,230	1,230	1,230	1,230	1,230	1,230	1,230
<i>Dinner</i>	710	900	1,070	900	1,070	900	1,070	900	710	900	890	900	910
TOTAL	2,245	2,435	2,605	2,435	2,605	2,435	2,605	2,435	2,245	2,435	2,425	2,435	2,445
Total Food Weight (OZ)	24.4	20.9	22.4	20.9	22.4	20.9	22.4	20.1	24.4	20.9	21.2	20.9	21.8
Total Food Weight (Lbs)	1.53	1.30	1.40	1.30	1.40	1.30	1.40	1.26	1.53	1.30	1.33	1.30	1.36
% CALORIE													Target
<i>Fat</i>	36%	49%	33%	49%	34%	49%	33%	49%	36%	49%	30%	49%	35.0%
<i>Carbs</i>	54%	41%	58%	41%	57%	41%	58%	41%	54%	41%	59%	41%	50.0%
<i>Protein</i>	10%	10%	9%	10%	9%	10%	9%	10%	10%	10%	10%	10%	15.0%

Actual
41.4%
49.1%
9.6%