

Self Awareness: Performance Nutrition

It's important to know how you are fueling your body for training and competition, try to identify some strengths and weaknesses for each area of performance nutrition.



Training Diet:

Strengths:

Example: eat breakfast everyday

Weaknesses:

Daily Fluid Intake:

Strengths:

Example: always have a water bottle at school

Weaknesses:

Nutrition Planning Related to Training:

Strengths:

Example: always have a granola bar and banana before training

Weaknesses:

Long-Term Nutrition Goals: (pre-competitive season- changes to body composition, strength...)

- 1.
- 2.
- 3.

Performance Nutrition Goal Setting:

Try to develop 3 different goals for each area of performance nutrition. Remember the **SMART** goal principle (**S**pecific, **M**easurable, **A**ddjustable, **R**ealistic, **T**ime-based)

Daily Training Diet:

- 1.
- 2.
- 3.

Daily Fluid Intake:

- 1.
- 2.
- 3.

Pre-Workout Snacks:

- 1.
- 2.
- 3.

During Workout Fluid Intake:

- 1.
- 2.
- 3.

During Workout Food Intake (when needed- long workouts):

- 1.
- 2.
- 3.

Post Workout Snacks and Fluids (recovery):

- 1.
- 2.
- 3.