

Directions

Write an exercise goal for the week. Write a nutrition goal for the week.
Record physical activity for 5 days. Include Intensity, Time and Type of each activity.
Record food and drink intake for 5 days. Include breakfast, lunch, dinner and snacks.
Answer the Reflection Questions on the next page.
Exercise Goal: _____

Nutrition Goal: _____

	Day 1	Day 2	Day 3	Day 4	Day 5
Physical Activity (Intensity, Time & Type)					
Breakfast (Food and Beverage)					
Lunch (Food and Beverage)					
Dinner (Food and Beverage)					
Snacks					

Reflection Questions

1. Did you meet your exercise goal this week? (Why? Why not?)
2. Reflect on the past week. How were your eating habits/meals influenced by school, work or practice?
3. How can you improve your nutrition next week? (example-drink more water, stay hydrated for practice.)

Maintaining Water Balance

Think about how much water there is in a 1.5 liter bottle of water. In an hour long workout, your body can sweat the equivalent of 2 bottles this size! How can you avoid dehydration? In the average human body there are about 45 liters of fluid. When you lose 3 liters you have lost a little over 6 percent of total fluid. In two hours you would lose 6 liters or 12 percent. How many two liter bottles of water would you have to drink to replace that fluid?