



**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
<b>Physical Activity</b> (Intensity, Time & Type)					
<b>Breakfast</b> (Food and Beverage)					
<b>Lunch</b> (Food and Beverage)					
<b>Dinner</b> (Food and Beverage)					
<b>Snacks</b>					

**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.)

**How can each of these injuries/problems be treated or prevented?**

Painful blisters from tennis shoes –

Hamstring muscle strain –

Shin splints (pain in the front of the lower leg) -