



**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>					

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.)

### **Sport Nutrition**

Have you ever eaten too much or too soon before a sporting event? \_\_\_\_\_

How did you feel? \_\_\_\_\_

What meals should be eaten before your sport event? \_\_\_\_\_ Post event? \_\_\_\_\_

\*During physical activity, it is important to remain hydrated. When exercise lasts longer than an hour, it is important to replace electrolytes and sodium that are lost. Sports drinks maintain electrolyte balance during exercise.