**Quiz - Are You Eating for Optimal Performance?**

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|  | **Yes** | **Rarely** | **No** |
| **Eat breakfast every day within an hour of waking.** |  |  |  |
| **Plan meals and snacks so I eat every 3-4 hours during the day to properly fuel my body.** |  |  |  |
| **Eat high quality carbs and protein 3 hours before practice, games, workouts.** |  |  |  |
| **Maximize recovery nutrition after intense workouts by eating or drinking within 30 minutes of completing exercise.** |  |  |  |
| **Balance my plate at meals with lean protein, healthy carbs and good fats.** |  |  |  |
| **Include good fats in my diet that may help with recovery such as nuts, seeds, peanut butter, avocado, olive oil.** |  |  |  |
| **Eat or drink at least 2 high-calcium sources a day.** |  |  |  |
| **Eat at least 2 servings of fruit and 2-3 cups of vegetables a day.** |  |  |  |
| **Stay well-hydrated by drinking fluids throughout the day.** |  |  |  |
| **Drink 8 ounces of fluid for every 15 minutes of hard exercise.** |  |  |  |
| **Make smart beverage choices a majority of the time – water, 1% or 2% milk, 100% fruit juice, chocolate milk, decaf teas.** |  |  |  |
| **Consume alcohol modestly or not at all.** |  |  |  |
| **Use only supplements that have been certified as safe and legal.** |  |  |  |
| **Get 7-8 hours of sleep so my body has a chance to recover and repair on a consistent basis.** |  |  |  |
| **Consider nutrition to be an integral component of my training program.** |  |  |  |

***If rarely or no = 2 or less, you are doing very well.  If rarely or no = 3-7, there is room for improvement.  If rarely or no = 8 or more, you need a nutrition overhaul. Schedule an appointment with Elizabeth Allred ext. 3071 for help achieving your* *goals.***