

GAME DAY NUTRITION CHECKLIST

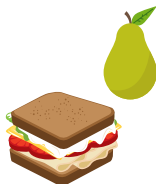
Use this checklist to make sure you're fully fueled and ready to perform at your best.

3-4 Hours Before Competition:

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Eat a balanced meal with carbs, protein, and healthy fats.

Example: Turkey sandwich on whole grain bread with fruit.

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Drink at least 2 cups (500ml) of water.



1-2 Hours Before Competition:

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Have a small snack with carbs and protein.

Example: Granola bar with nut butter or a banana with yogurt.

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Continue sipping water.



30-60 Minutes Before Competition:

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Choose a light, easily digestible snack.

Example: A handful of pretzels or a sports drink (if needed).



Avoid

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Heavy meals, spicy food and greasy snacks – they can slow you down.



Hydration Check

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Are you hydrated? Your urine should be light yellow.

Confidence Boost:

Remind yourself of all the prep you've put in!