



Food Plans for Fast Paced People

Are you using Nutrition as your Secret Weapon to Win?

Read the following questions and circle the answers that best describe your health or the health of your student athlete. Tally your responses to find the category reflecting you or your student athlete's stage of sports nutrition knowledge.

1. Water is available to my student athlete during practice and sporting events.
A. Always B. Sometimes C. Rarely/Never/Not Sure
2. My student athlete understands the importance of hydration before, during, and after organized or recreational play.
A. Very Well B. Somewhat C. Not at All/Not Sure
3. My student athlete drinks _____ 8-oz servings of caffeinated coffee/tea drinks, soda, or energy drinks daily.
A. 0 B. More than 1 C. Not Sure
4. My student athlete starts the day off with breakfast.
A. Daily B. Sometimes C. Rarely/Not Sure
5. My student athlete practices on an empty stomach, with no food eaten within the last 2-3 hours.
A. Never/Rarely B. Occasionally C. Frequently/Always/Not Sure
6. My student athlete lacks concentration in the classroom.
A. Rarely B. Sometimes C. Often/Not Sure
7. My student athlete has optimal energy to perform his or her best in school and sporting practices or events.
A. Always B. Sometimes C. Rarely/Not Sure
8. My student athlete knows examples of healthy snacks to eat for optimal performance.
A. Yes, several B. Maybe 1 or 2 C. No/Not Sure
9. My student athlete eats 5 or more servings of fruits and vegetables each day.
A. Always B. Sometimes C. Never/Not Sure



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10. I am _____ confident that my student athlete is meeting all of his or her nutrient needs for healthy growth AND optimal classroom and athletic performance.

A. Very

B. Somewhat

C. Not Very/Not Sure

If you selected:

Mostly As – Great! Your student athlete seems to be on the right track with his or her health and exercise knowledge. To learn more about sports nutrition and how your student athlete can take his or her performance to the next level, visit our resources page. If concerns or questions arise in the future, contact Jennifer at Nutrition in Motion, LLC.

Mostly Bs – Not bad! Your student athlete seems to have a good start on healthy eating but could benefit from additional info to maximize athletic edge. To learn more consider setting up a FREE 15 minute nutrition coaching session with Jennifer. There are likely a few things you can adjust to yield big results.

Mostly Cs – Red Flag! It looks like your student athlete could use some help to feel and perform their best. Unhealthy eating now leads to decreased energy for training, lack of concentration in the classroom and unhealthy eating habits into early adulthood. Contact Jen DeWall at Nutrition in Motion, LLC to get back on the winning path.