

# PREPARE TO FUEL - PREPARE TO WIN



**Fuel Your Day** - plan to have healthful food available to eat every 2-3 hrs (meals/snacks). This will help you maintain enough energy to be ready physically and mentally.



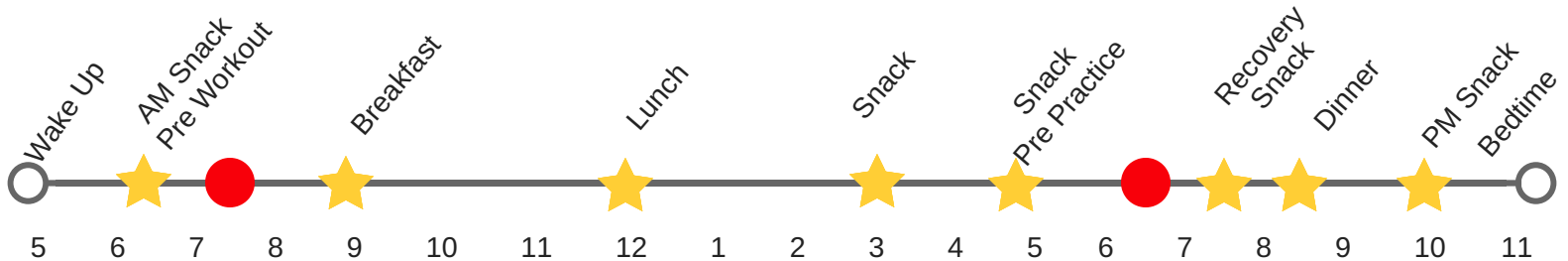
## **Eat Around Your Training -**


- Before: have a meal (3 hours before) &/or snack (30-60 min before) training to top off your muscles to be ready to go! This is especially important for AM workouts.
- After: Plan to have a meal within 1 hr. after training - high carbohydrate & moderate protein + fluids. A recovery snack, within 30 min, is critical if you don't eat a meal within an hour after training.




**Make a Game Plan** - schedule eating times into your day. Pack healthy snacks to take to class or to tide you over until you can eat a meal.

## EXAMPLE




 = Eating Opportunity

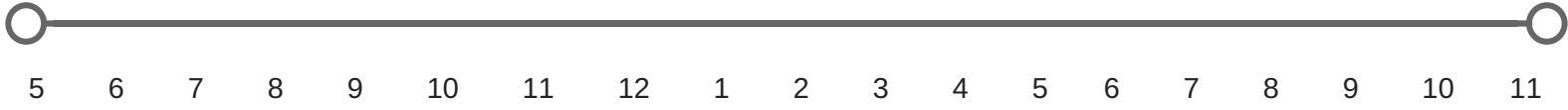
 = Workout

# MAKE YOUR OWN

 = Eating Opportunity

 = Workout

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

