

Your Fueling Timeline

Use this worksheet to create your own fueling timeline and build balanced performance plates to power your performance.

Time	Activities	Performance Plates				Snacks	Hydration
		Grains and Starches 35 %	Fruit and Vegetables 35%	Protein 25%	Healthy Fat 5%		
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							

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Time	Activities	Performance Plates				Snacks	Hydration
		Grains and Starches 35 %	Fruit and Vegetables 35%	Protein 25%	Healthy Fat 5%		
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							