

# Pre-Competition Fueling

Create a personal plan that incorporates nutrition and take the guesswork out of pre-competition fueling.



## Reflect on Your Routine

Think about your typical pre-competition routine. What do you do before a competition? Do you listen to a specific song or eat a specific snack? Maybe you even have a lucky pair of socks.

Write it down below and be as detailed as possible.

A large, empty light blue rectangular area intended for writing a detailed pre-competition routine.



Now, put a star next to all the items above that are food related!

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## Reflect on Your Past Performance

Reflect back on a game, race or competition that went really well and a game, race or competition that did not go as well as you wanted it to go.



How did you feel physically during the game that went well?



How did you feel physically in the game that did not go as planned?



Were there any changes in your nutrition before these two instances?

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## Pantry Staples

Write down at least 2 sources of carbohydrates which you already have in your pantry or that are usually on your household shopping list.



Choose at least one healthy pre-game meal option that you can make with the carbohydrates in your pantry.



### Remember that Carbs are diverse!

They're not just in grains (like rice, bread, or pasta) and starches (like potatoes or corn). Fruits and vegetables are also fantastic sources of carbohydrates and other good stuff like vitamins and minerals.

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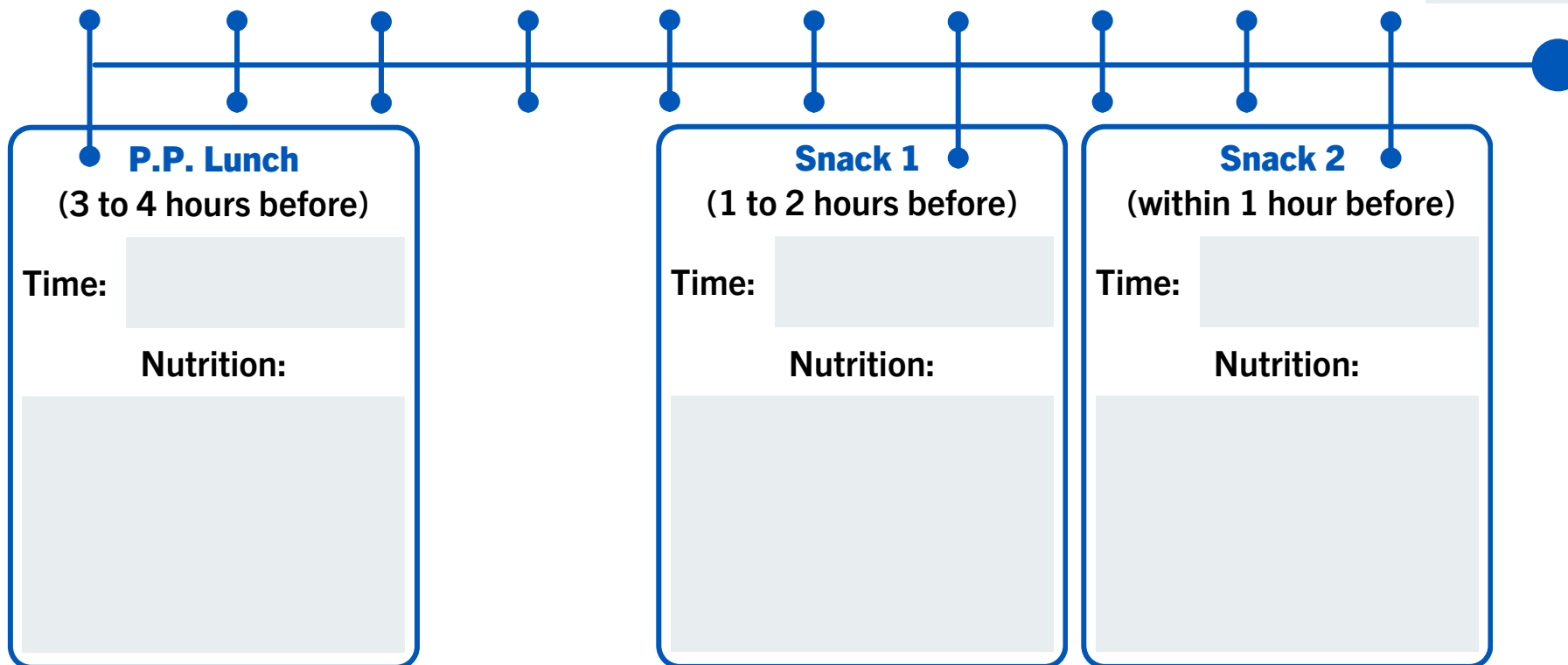


## Fueling for an Afternoon Game

Use the fueling timeline template below to create a fueling plan for an afternoon game. Start by writing in the time of your competition in the “Game Time” field. Work backwards and identify the appropriate “Time” and “Nutrition” for your performance plate and snacks.



**Game Time:**



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## Fueling for an Early Morning Game

Now, let's create a pre-game nutrition plan using the same fueling timeline template for an early morning game. Follow the same instructions as for your afternoon game, but don't forget to include your snack before bed the night before your game!



Game Time:

