

FUELING TIMELINE TEMPLATE

Build your personal fueling timeline with this helpful timeline template.

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

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IMG ACADEMY⁺

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