



Meal Plan for Game Day Worksheet

1. Read the “Meal Timing for Game Day Tip Sheet”.
2. Watch the “Nutrition for the Everyday Athlete” Lifehack Video.
3. Think about the timing of food and what time your game starts.
4. Brainstorm ideas for food on a separate piece of paper.
5. Fill in the chart.

	Time of Day	Food/Ounces of Water	Why did you choose this particular food and the timing?
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Hydration			