



Nutrition Tracking

In order to reinforce the lesson and put TrueSport into action, complete the following activity.

Instructions

Make copies of the nutrition chart on the following page and have your group create a nutrition chart based around their exercise for a week. Ask them to complete the chart with what and how much they ate before, during, and after exercising. Have them be as specific as possible, such as “1 slice of cheese pizza, 16 ounces of chocolate milk, 1 apple with 2 tablespoons of peanut butter, and a small garden salad with Italian dressing.”

Once completed, review the following questions with the group:

- 1. What did you learn about your nutrition habits from this activity?*
- 2. What are some goals you can set to improve your personal nutrition around exercise and competition?*
- 3. Did you notice that when you charted your nutrition habits you paid more attention to what you ate? Why or why not?*

Name: _____

Date: _____

For one week: complete the chart with what and how much you ate before, during, and after exercising. Be as specific as possible, such as "1 slice of cheese pizza, 16 ounces of chocolate milk, 1 apple with 2 tablespoons of peanut butter, and a small garden salad with Italian dressing."

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE Exercise					
DURING Exercise					
AFTER Exercise					