



HOMEPLAY: Snack Tracker

It's important to think about the timing of your snacks and types of food you eat. There might be small changes that you can make in order to perform your best!

You should aim to eat 1-4 hours before your workout, and 2 hours after your workout. A meal (larger portions, foods that take longer to digest) is best to plan a little farther out, like 3-4 hours before your workout, whereas a snack (smaller portions, easier to digest) is more appropriate 1-2 hours before your workout.

Snack Ideas:

Here are a few ideas for tasty snacks that are packed with fruits and vegetables. You can use these ones or search recipes or online for other ideas. Snacks should include fruits or vegetables, and a high protein food. You can also watch this [video](#) to learn how to make the Berry Blast and Cottage Cheese recipes:



Apples & your favorite nut butter (peanut, almond, sunflower)



Low-fat unsweetened yogurt with berries



Low-fat cottage cheese with tomatoes



Carrots or peppers dipped in hummus



Celery with peanut butter and raisins

Snack Planning Tips:

Before you go to the store, check to see what you already have in your cupboards and refrigerator. Make a list of the foods you need to make your healthy snacks.

Schedule some time on a weekend or quiet evening to:

- Wash the fruits and vegetables
- Cut up the vegetables
- Split fruits and vegetables into ½ - 1 cup portions
- Have your water bottle ready

Snack Tracker Activity:

For this week, keep track of the snacks you eat and how you felt during your practice, competition, or workout. Once you notice the link between your snacks and your performance, it will be easier to adjust.

STEP 1

Track your snacks:

Use the table on the next page to keep track of your snacks for the week.

Snack Tracker

DAY	EVENT AND TIME	TIME OF SNACK	WHAT I ATE AND HOW MUCH	WHAT I DRANK AND HOW MUCH	HOW I FELT DURING THE WORKOUT
Example: Monday	6 pm practice	4 pm	Fruit smoothie with protein powder (2 cups) 1 banana 1 small muffin	Sports drink (250 ml)	<input type="checkbox"/> Hungry <input type="checkbox"/> Extra Full <input type="checkbox"/> Headache <input type="checkbox"/> Cramps <input type="checkbox"/> Extra Slow <input type="checkbox"/> Fast <input checked="" type="checkbox"/> Just right
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STEP 2

Complete the Snack Tracker reflection: At the end of the week, look back over your Snack Tracker and answer the questions below.

MY SNACKS	ALWAYS	USUALLY	SOMETIMES	NEVER
I ate foods that I am used to that didn't upset my stomach				
I ate the right amount of food based on when my workout was				
I planned my meals and snacks so I was not too hungry or too full for my practice or competition				
I drank 2 cups of water 2 hours before practices or events, and drank a small amount of water 15-30 minutes before				

STEP 3

Answer the Snack Tracker follow-up questions.

What is working well regarding your snacks?

What areas would you like to improve?



MAKE IT A HABIT

My Snack Tracker Challenge:

I will fill in the Snack Tracker every day at _____
(time)

I will fill in the reflection at the end of the week on _____
(day/time)
with _____.
(name)

**If this habit is important to you, be sure to add it to your Habit Tracker!
This will help you schedule it into your week.**