



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Fuel and Activity Log for Performance

NAME:	
AGE: YEAR: e.g. freshman	
Email address:	
POSITION: e.g. forward, guard, mid-field, defender, goalie	
HT:	
WT:	
SUPPLEMENTS:	
PERFORMANCE GOALS: e.g. decrease second half fatigue, prevent leg cramps, better post-game recovery, increase speed etc	

When it comes to performance, there are many myths and misconceptions about what may or may not improve how you do on game day. One thing is known for sure though and that is the critical importance of good nutrition and adequate hydration. Approach your nutrition and hydration with the same level of commitment as your training and you will see results in your performance. Nutrition makes a difference! Make sure that the difference is for the better! This all starts with an accurate recording of what you are currently eating and drinking in relation to the cumulative account of your activities for the entire day. A comprehensive nutrition analysis report will be generated specifically for you based on your food and activity record; therefore, the more accurate you can be the better and the more reliable the results.

Instructions for Completing a Fuel and Activity Log

- 1. You will record all activity, beverages, and food by the corresponding time of day. For instance, if you woke up at 7am, write "woke up" next to the 7am column. If you had art history class at 9am, write down "art history class" next to the 9am column. If you had a snack at 10am, indicate "snack" next to the 10am column and then write down specifically what you had following the guidelines below. Record the entire days' worth of activity even if it is just watching television or playing video games. See the example log below.**
- 2. Write down everything you eat or drink for 3 days. Remember to include everything even if it is just a couple of bites or a snack and alcoholic beverages count (beer, wine, liquor). Your results will be most reliable if you include two weekdays, and one weekend day making sure that at least one of the days is game day! *It is crucial to evaluate your pre-game, during game and post-game nutrition and hydration and correlate it with your performance.***
- 3. Record the amounts of food served in common portion sizes such as cups, teaspoons (tsp), tablespoons (tbsp.), or describe size. (e.g. 1 medium apple; if you have the ability to measure out the exact amount rather than estimating, even better!)**
- 4. Make sure to identify how the food was prepared: fried, steamed, baked, raw, in red sauce, cream sauce, hot sauce etc.**
- 5. Be as specific as possible. Instead of PB & J say, "2 tablespoons of Skippy creamy PB on 2 slices of rye bread" including the brand names of any foods whenever possible.**
- 6. Salad dressings, hot sauce, ketchup, sugar, mayo etc. all need to be recorded too so make sure to write those down as well and indicate the amounts.**
- 7. If you prepared a recipe yourself at home or if you received a meal from someone, try to include the recipe if possible. If not, try to be as specific as possible and provide your best estimates of the ingredients.**

EXAMPLE FUEL AND ACTIVITY LOG

DATE: 9/23/2016 WED	
	ACTIVITY/MEAL/SNACK
7 AM	Woke up Drank 12 ounces of water
8 AM	<u>Breakfast at the dining hall:</u> 2 eggs scrambled in 1 T butter 2 pieces of whole wheat toast with 2 T jelly 12 ounce cup of coffee with 2 T cream
9 AM	Art History Class
10 AM	<u>Snack between classes:</u> 1 Nature's Valley Protein Granola Bar, Peanut Butter and Dark Chocolate 8 ounce glass of 2% milk
11 AM	Biology Class
12 PM	<u>Lunch in the dining hall:</u> PB&J with 2 tbsp peanut butter on 2 slices of rye bread 1 medium size apple 6 ounce strawberry Yoplait yogurt 12 ounces of water
1 PM	Studying and resting before Game time 16 ounces Gatorade Frost 1 Gatorade Prime Chocolate Chip Fuel Bar
2 PM	
3 PM	4 sips of water, getting ready for the game
4 PM	Game time! Drank 10 ounces of water during the game
5 PM	Drank 10 ounces of water immediately after the game
6 PM	<u>Dinner at local restaurant after the game:</u> 2 cups of ziti with ¼ c meat sauce 2 pieces of garlic bread 1 cup broccoli with ½ tbsp. butter 1 large salad with ¼ cup sliced tomato, ¼ sliced cucumber, ¼ sliced green pepper and 3 T Hidden Valley Ranch Dressing 1 brownie with walnuts ~ 2in X 2 in 8 ounces 2% milk
7 PM	Studying and homework
8 PM	1 individual size serving bag of Doritos 12 ounces water
9 PM-12AM	12 ounce Bud Light, Watching television and then bed time

DATE:	
	ACTIVITY/MEAL/SNACK
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM-12AM	

DATE:	
	ACTIVITY/MEAL/SNACK
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM-12AM	

DATE:	
	ACTIVITY/MEAL/SNACK
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM-12AM	

For more information or to book an individual nutrition counseling session contact Kristin Schnitzler, RD
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