



Performance Nutrition Pathway Program

U16 MODULE 4 ACTIVITY :

MY GAME DAY TOOL KIT

Scenario:

You are playing two games today. One at 10am and the other is 3pm. Its predicted to be 34°C. Pack your competition day esky with all you need to fuel (carbohydrates), hydrate, to stay cool and foods that are important to you to have on hand to compete at your best.

