







Performance Nutrition Pathway Program






U14 MODULE 4 ACTIVITY



MY GAME DAY CHECKLIST

Take a moment to complete your game day checklist. Once you have finished this, reflect on the information you've learned about the types and timing of food and fluids. Is that what you do now? How might you like to adapt this for your next game?




	YES	NO
<p>1. The day before the game & game-day, I eat regularly, (about 3-4 hourly) and make healthy and nourishing food choices.</p>  	<input type="checkbox"/>	<input type="checkbox"/>
<p>2. I concentrate on carbohydrate rich choices the day before the game & game-day. To enhance my pre-game hydration, I'll take advantage of salt rich snacks like bread, breakfast cereals, pretzles, popcorn, vegemite spread and sauces such as soy sauce etc.</p> 	<input type="checkbox"/>	<input type="checkbox"/>
<p>3. To enhance my hydration status, I'll drink 300-500mL fluid with each meal & snack the day before the game. I will utilise sports drinks and electrolyte supplements where necessary.</p> <p><i>If conditions are hot & humid and or, I am a heavy sweater, and or, you woke up with a USG reading that indicated you are dehydrated, are all be good reasons to include sports drinks and electrolytes in your pre-game hydration routine</i></p> 	<input type="checkbox"/>	<input type="checkbox"/>

<p>4. I'll wake at a reasonable hour game day to ensure my food intake doesn't back off too much, or skip a whole meal due to sleeping in. I am to eat about 3 hourly if possible.</p>		<input type="checkbox"/>	<input type="checkbox"/>
<p>5. If I get nervous in the build up to a game, and my food intake backs off, I'll make use of liquids to help maintain energy levels. Drinks like smoothies, shakes & flavoured milks contribute to both energy levels & hydration status but leave the stomach faster than solids, leaving me feel light & ready to play. I will only do this if I have tried these liquids close to game time.</p>		<input type="checkbox"/>	<input type="checkbox"/>
<p>6. I'll take a 400-500 ml 'primer' of fluid in the 20-30 min before the game. This primes the stomach to maximise fluid uptake during exercise, getting it into the blood where it can be most effective.</p>		<input type="checkbox"/>	<input type="checkbox"/>
<p>7. My decision to use water or sports drink during games is based on how much I sweat & how many minutes I play. For games I start or get plenty of minutes, I'll make use a combination of water & sports drink. The sweet taste, and saltiness of a sports drink keeps me wanting to drink more. I'll also use sports drinks during the game if it's hot and humid, if I am a heavy sweater, if I am playing lots of minute and or didn't eat as much as I'd hoped in the pre-game meals and snacks.</p>		<input type="checkbox"/>	<input type="checkbox"/>
<p>8. If I can't stomach too much sports drink during breaks, I might make use of other fast digesting, high carbohydrate choices like fresh fruit, sports gels, cereal bars, small handful of jube lollies etc at half time.</p>		<input type="checkbox"/>	<input type="checkbox"/>



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List any ideas you have to alter your game day practices after completing this checklist

	MY FOOD TIMING OR TYPE IDEAS	MY FLUID TIMING OR TYPE IDEAS
PRE-GAME MEAL 		
PRE-GAME SNACK 		
DURING GAME 		

NOTES:
