



# Road Map to **CLEAN & HEALTHY** Performance



# NUTRITION



Nutrition means eating the **right kind of food** so you can grow properly, be healthy, and **perform your best** in both sport and life.

## You can achieve proper nutrition by:

- Eating a good breakfast to start the day
- Consuming a balanced meal (with carbs, proteins, and fats) three-to-four hours before playing their sport
- Eating a carb-heavy snack within 30 minutes after exercising
- Adding carbs, protein, and some healthy fats to post-exercise meals
- Avoiding supplements and relying instead on protein from food sources
- Knowing that the best post-workout remedy comes from both proper nutrition and adequate rest



# HYDRATION



**Proper hydration** is critical for athletes who want to feel and perform at their best.

**Water** is the **easiest and most affordable** way to hydrate.

## **Proper hydration:**

- Improves athletic performance and reduces recovery time
- Helps every system in the body function better
- Minimizes risk of injury and muscle cramping
- Better regulates the body's temperature among many other benefits.

Conversely, when an athlete becomes dehydrated, they experience:

- Headaches, fatigue, and loss of concentration
- Joint and muscle pain
- Muscle cramps
- Nausea and vomiting
- Dizziness and weakness
- And many other symptoms which can all compromise performance and impair cognitive functioning.



# GOAL-SETTING



Goals are designed to help you **get where you want to go**. They are the road map to your dreams, **helping you achieve** feats that otherwise might feel impossible or overwhelming.

## Goals are:

- Designed to help you get to where you want to go.
- An aim or desired result; the object of a person's ambition or effort; the destination of a journey.
- The road map to your dreams, helping you achieve feats that otherwise might feel impossible or overwhelming.
- Can be focused on athletics, academics, health, personal development, careers, or anything else that is important to you.

Research shows that when you achieve goals that are important to you, your feelings of well-being increase.

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# CLEAN SPORT



Results that come from competing clean are **the only ones that matter**. Anything else, win or lose, **robs the athlete**, their teammates, opponents, and coaches of a true victory and **spoils the sport** for everyone involved.



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# What are **3 SMART GOALS**

**you have for  
this week's  
practices and  
games ?**

**1**

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**2**

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**3**

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# NUTRITION Tracking

Food is needed to fuel your tank, so planning to eat the right foods before, during, and after practice or competitions maximizes your performance and recovery. *Fill in the sources of your nutrition for each day.*

MONDAY

BEFORE PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

DURING PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

AFTER PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

TUESDAY

BEFORE PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

DURING PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

AFTER PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

WEDNESDAY

BEFORE PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

DURING PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

AFTER PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

THURSDAY

BEFORE PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

DURING PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

AFTER PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

FRIDAY

BEFORE PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

DURING PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

AFTER PRACTICE:

Protein: \_\_\_\_\_  
Carb \_\_\_\_\_  
Fat: \_\_\_\_\_

# HYDRATION Tracking

The optimal amount of water to drink per day is 64 ounces. How many ounces did you drink today?  
*Fill in each 8-ounce bottle you drink to keep track of your hydration.*

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



# SLEEP Tracking

Getting a good night of sleep helps promote recovery and may lower your chances of injury. Nine hours is the recommended amount per night. *Fill in the hours on the clock to record your sleep for each night.*

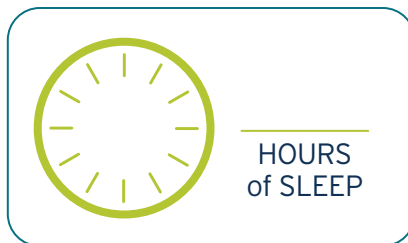
MONDAY



TUESDAY



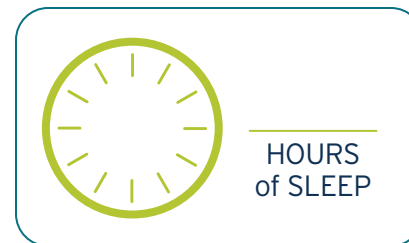
WEDNESDAY



THURSDAY



FRIDAY





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