

DAILY NUTRITION CHECKLIST

Complete this checklist daily to ensure you are achieving optimal nutrition

I ate breakfast

I ate 3 balanced meals

List FAT sources:

List PROTEIN sources:

List CARBOHYDRATE sources:

I ate 1-2 nutritious snacks

I ate 2-3 pieces of fruit

I ate 3-5 servings of vegetables

I ate 2 servings of green vegetables

I consumed <2 servings of dairy

I ate a source of carbohydrates in meals & snacks

I chose water over soda, sweet tea, juice

I ate something for the health not the taste

I drank 2 glasses of water first thing in the morning upon waking

I drank _____ glasses of water total for the day

I refueled within 60min. following exercise w/ a source of protein & carbohydrate

I kept caffeine intake under 100mg

I ate <30g of sugar today

