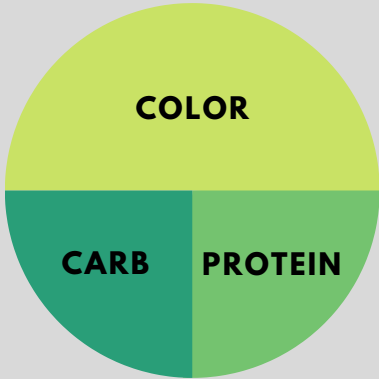


# PERFORMANCE PLATES

**CHOOSE THE PERFORMANCE PLATE THAT BEST MATCHES YOUR ACTIVITY FOR THE DAY & USE THAT PLATE AS A GUIDE FOR BREAKFAST, LUNCH, DINNER. ATHLETES SHOULD ALSO INCLUDE 2-3 SNACKS PER DAY + A POST-WORKOUT SNACK.**

	TRAINING PLATE	TRAINING EXAMPLES
<b>LOW INTENSITY TRAINING &amp; REST DAYS</b>		<ul style="list-style-type: none"> <li>• Rest Day/No Practice</li> <li>• Light Body Weight Training</li> <li>• Casual Walks</li> <li>• Short Jogs</li> <li>• Weight Loss</li> </ul>
<b>MODERATE INTENSITY TRAINING</b>		<ul style="list-style-type: none"> <li>• Most Practices</li> <li>• Most Workouts</li> <li>• ~1 hr Strength Training</li> <li>• Endurance Practice + 30 Min Weight Training</li> <li>• 3-5 Mile Runs</li> <li>• Weight Maintenance</li> </ul>
<b>HARD INTENSITY TRAINING</b>		<ul style="list-style-type: none"> <li>• Game/Competition Days</li> <li>• Tournaments</li> <li>• Pre-Season</li> <li>• Two-A-Days</li> <li>• Weight Gain</li> </ul>

*Color = Fruits + Veggies*

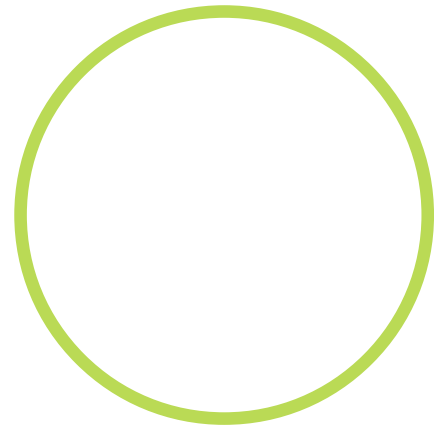
## WORKSHEET

# MY PERFORMANCE FOODS

USE THE ATHLETE GROCERY SHOPPING LIST TO FILL IN FOODS YOU LIKE FOR EACH CATEGORY, THEN CORRECTLY DRAW LINES AND LABEL THE PERFORMANCE PLATES.

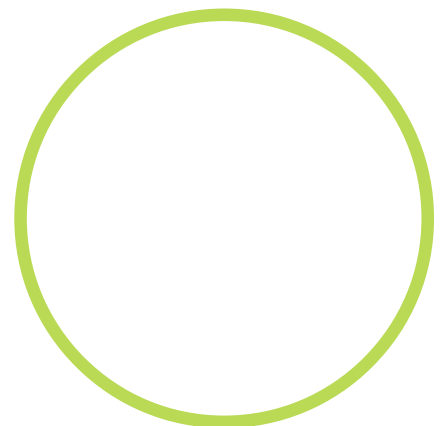
**CARBS**

**COLOR**



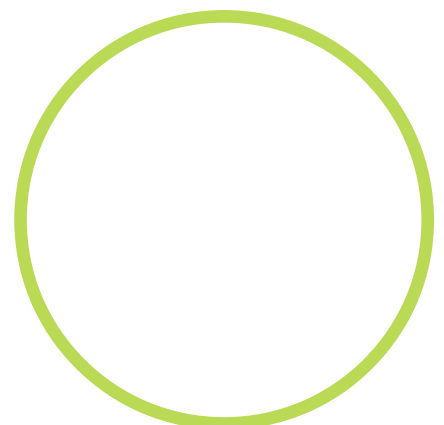
**LOW INTENSITY**

**PROTEIN**



**MODERATE INTENSITY**

**HEALTHY FATS**



**HARD INTENSITY**