

## Is Diet Slowing you Down? Find out in 60 Seconds.....

Read the following questions and choose the answers that best describe you. Tally your responses to discover if you are properly fueling your body for peak sports performance, improved energy and that extra athletic edge.

1. I drink at least half of my body weight in fluid ounces each day. (Ex: 140 pounds = 70 fluid ounces)  
A. Always                      B. Sometimes                      C. Rarely/Not Sure
2. I drink \_\_\_\_\_ 8-oz servings of caffeinated coffee, tea, soda, or energy drinks daily.  
A. 0-2                      B. 3-4                      C. 5+
3. I take \_\_\_\_\_ types of supplements each day for improved health and sports performance.  
A. 0-2                      B. 3-5                      C. 6+
4. I start my day off with a quality breakfast that contains at least 3 food groups and 300-600 calories.  
A. Always                      B. Sometimes                      C. Rarely
5. I exercise on an empty stomach, with no food eaten within the last 3-4 hours.  
A. Never/Rarely                      B. Occasionally                      C. Frequently/Always
6. I eat within 30 minutes of completing my workouts that last an hour or more.  
A. Always/Usually                      B. Sometimes                      C. Rarely/Never
7. I have enough energy to get through the day without being tired.  
A. Always/Usually                      B. Sometimes                      C. Rarely/Never
8. I typically exercise \_\_\_\_\_ hours a week.  
A. 4-7                      B. 8-11                      C. Less than 4/More than 12
9. I exercise 2 times or more in a 12-14 hour period.  
A. Rarely/Never                      B. Occasionally                      C. Often
10. I am happy with my energy level during workouts.  
A. Always/Usually                      B. Sometimes                      C. Rarely/Never



*Food Plans for Fast Paced People*

11. I am \_\_\_\_\_ confident that I am meeting all of my nutrient needs to fuel my performance and achieve the highest goals I set for myself.

A. Very

B. Somewhat

C. Not Very

**If you selected:**

**Mostly As – You ROCK!** You seem to be on the right track with your nutrition and health. If you'd like more info on how to take your performance to the next level, visit the resources available at [nutritioninmotion.info](http://nutritioninmotion.info). Check back with Jennifer down the road if you hit a weight or performance plateau or would like customized nutrition recs.

**Mostly Bs – Average.** So you're average. Great. But, who wants to be average?? Overall, you seem to have some sports nutrition knowledge but could benefit from some additional info. You might want to consider scheduling a FREE 15 minute nutrition coaching session with Jennifer to get a few tips on how to get from average to awesome.

**Mostly Cs – UGHH.** Does this describe how you feel most days? It looks like you could use some help. Time to push the "reset" button. Start improving energy by eating foods to compliment your workouts and training. I would consider scheduling a FREE 15 minute nutrition coaching session with Jennifer. Tweaking a few things right away will help you feel human again! I promise.