

# Daily Checklist

**Complete this checklist daily to ensure you are achieving optimal nutrition**

- \_\_\_\_\_ I ate breakfast
- \_\_\_\_\_ I ate 3 balanced meals
- \_\_\_\_\_ I ate 2-3 nutritious snacks
- \_\_\_\_\_ I ate 2-3 pieces of fruit
- \_\_\_\_\_ I ate 3-5 servings of vegetables
- \_\_\_\_\_ I ate 3-4 servings of low-fat dairy products
- \_\_\_\_\_ I ate a lean source of protein in each meal
- \_\_\_\_\_ I ate a source of carbohydrates in meals and snacks
- \_\_\_\_\_ I selected foods moderate or low in fat
- \_\_\_\_\_ I drank water regularly throughout the day
- \_\_\_\_\_ I drank Powerade during intense conditioning
- \_\_\_\_\_ I refueled within 60 minutes following workouts
- \_\_\_\_\_ I took a multivitamin

