

# WEEKLY CHECK-IN: AM I EATING ENOUGH?

**Are you able to eat regularly throughout the week?**

YES

Are you eating well-balanced meals (adequate proportion of C/F/P)?

YES

Are you eating before and after workouts?

YES

Are you consuming a light snack during long intensity workouts?

YES

**Chances are you are fueling your body adequately!**

NO

May not be consuming enough calories!

NO

May not be eating enough of certain nutrients needed for energy & recovery!

NO

May not be eating enough to fuel your workouts and facilitate recovery.

NO

**If you answered, "no" to any of the following questions and you're experiencing symptoms of ...**

- low energy
- poor recovery/sleep
- aches/pain
- decrease in performance

**...talk to your sports dietitian!**