

Game Day Nutrition Checklist

Your Complete Race Day Guide

Night Before

- Eat a carb-focused dinner
- Include lean protein
- Avoid high fiber foods
- Avoid new/unfamiliar foods
- Stay hydrated (not excessive)
- Pack race day snacks
- Prepare breakfast items
- Get 8-10 hours sleep

Race Morning (3-4 Hours Before)

- Eat familiar breakfast
- Focus on carbs + moderate protein
- Avoid high fat/fiber
- Drink 16-20 oz water
- Pack snacks for warm-up
- Bring water bottle
- Pack recovery snack

Sample Race Morning Breakfast

| Option 1 | Option 2 | Option 3 |

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| Oatmeal | Bagel + PB | Pancakes |

| Banana | Banana | Fruit |

| OJ | Juice | Milk |

1-2 Hours Before

- Light snack if hungry
- Sip water (4-8 oz)
- Avoid large amounts of food
- Stay calm and focused

****Snack options:**** Banana, granola bar, applesauce

30 Minutes Before

- Small sips of water only
- Energy chews if needed (2-4 pieces)
- No large food or drinks
- Focus on warm-up

During Competition (if applicable)

For events over 60 minutes:

- 4-8 oz fluid every 15-20 min
- 30-60g carbs per hour (gels, chews)
- Practice this in training first!

Immediately After

- 16-24 oz water or sports drink
- Recovery snack within 30 minutes
- Carbs + protein combo

****Quick options:**** Chocolate milk, PB&J, protein bar + banana

Within 2 Hours After

- [] Full balanced meal
- [] Continue hydrating
- [] Celebrate your performance!

What to Pack Checklist

| Item |

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| Water bottle |

| Sports drink |

| Pre-race snack (banana, bar) |

| Recovery snack (chocolate milk, sandwich) |

| Energy gels/chews (if racing long) |

| Familiar foods only |

Red Flags to Avoid

| Don't |

|-----|

| Try new foods race day |

| Skip breakfast |

| Overeat the night before |

| Chug water right before start |

| Rely on venue food |

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