**Rate Your Performance Plate**

Take this easy questionnaire to assess your current eating habits. There are no “right” or “wrong” answers to the questions – this is a tool to determine opportunities for increasing your sports performance.

### Step 1: Rate Yourself

**Do you...**

<table>
<thead>
<tr>
<th>Question</th>
<th>Usually</th>
<th>Sometimes</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Think about fitness goals when making food choices?</td>
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<td>Eat regular meals (including breakfast) rather than skipping meals?</td>
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<td>Include a variety of foods in your diet?</td>
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<td>Snack on foods that contain both carbohydrate and protein?</td>
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<td>Drink water regularly throughout the day?</td>
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<td>Consider practice/game intensity when choosing a meal?</td>
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<td>Monitor fluid and electrolytes?</td>
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<td>Consume dark green vegetables daily?</td>
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<td>Eat at least 3 servings of fruits daily?</td>
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<td>Include a minimum of 2 servings of dairy or consume a calcium supplement daily?</td>
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<td>Ensure the majority of your calories come from carbohydrate sources?</td>
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<td>Consume a recovery meal/snack within 30 minutes post work-out?</td>
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<td>Limit or eliminate alcoholic beverages in-season?</td>
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<td>Eat foods high in sodium or add salt to meals?</td>
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</table>
### Step 2: Score Yourself

<table>
<thead>
<tr>
<th>Usually = 2 points</th>
<th>Sometimes = 1 point</th>
<th>Never = 0 points</th>
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</thead>
<tbody>
<tr>
<td><strong>24 &amp; up</strong></td>
<td>Healthy eating for your sport is a priority to you! You make a conscious decision to improve your physical activity whenever possible. Keep up the good work!</td>
<td></td>
</tr>
<tr>
<td><strong>16 to 23 points</strong></td>
<td>You are headed in the right direction. Increase the ‘sometimes’ to ‘usually’ and you will be on the fast track to enhanced sports performance.</td>
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<tr>
<td><strong>9 to 15 points</strong></td>
<td>Occasionally you think about your diet as it pertains to your sport. Pick a few nutrition goals to work on and you will be heading in a direction to perform at your best!</td>
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</tr>
<tr>
<td><strong>0 to 8 points</strong></td>
<td>Take a step back and look at your overall eating style. Start gradually incorporating healthy lifestyle choices so they become a staple in your life. A good place to start is by scheduling an appointment with the sports dietitian.</td>
<td></td>
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</tbody>
</table>

### Step 3: Goal Setting

Based upon the previous two steps, chose three goals to focus on over the next few months. The purpose is to gradually turn your “nevers” into “sometimes” and your “sometimes” into “usually.”

<table>
<thead>
<tr>
<th>Goal 1: ____________________________</th>
<th>Target Goal Date: ____________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal 2: ____________________________</td>
<td>Target Goal Date: ____________</td>
</tr>
<tr>
<td>Goal 3: ____________________________</td>
<td>Target Goal Date: ____________</td>
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