



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...

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

go to health 

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Step 2: Score Yourself

Usually = 2 points

Sometimes= 1 point

Never = 0 points

24 & up

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!

16 to 23 points

You are headed in the right direction. Increase the 'sometimes' to 'usually' and you will be on the fast track to enhanced sports performance.

9 to 15 points

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!

0 to 8 points

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.

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.**”

Goal 1: _____

Target Goal Date: _____

Goal 2: _____

Target Goal Date: _____

Goal 3: _____

Target Goal Date: _____



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