FUELING & HYDRATION PLAN

DAILY FLUIDS:

- BASELINE (NO WORKOUTS/NO SWEAT: _____OUNCES PER DAY
- BEFORE WORKOUT(S): 24 OZ (1-2 HOURS BEFORE)
- DURING WORKOUT(S) 4-8 OZ EVERY 20 MINUTES
- AFTER WORKOUT(S): 24-48 OZ (0-2 HOURS AFTER)

WAKE UP TIME: _____AM

BEDTIME: _____PM

- **TOTAL DAILY NEEDS:_____OUNCES PER DAY**

MEAL 1

EAT WITHIN 90 MIN. OF WAKING + EAT EVERY 3 TO 5 HOURS AFTER MEAL 1.

TIME:

PROTEIN + CARB + COLOR

SNACK

TIME:

PROTEIN + CARB OR COLOR

MEAL 2

TIME:

PROTEIN + CARB + COLOR

SNACK

TIME:

PROTEIN + CARB OR COLOR

MEAL 3

TIME:

PROTEIN + CARB + COLOR

SNACK

TIME:

PROTEIN + _____

30-60 MINUTES BEFORE

PRE-WORKOUT FUELING

TIME:

QUICK CARBS + FLUIDS: (0.5 TO 1 GRAM CARB PER MINUTE OF INTENSITY + 12-24 OZ FLUIDS)

30-60 MINUTES AFTER

POST-WORKOUT FUELING

TIME:

QUICK CARBS + PROTEIN + FLUIDS: (0.5-1 GRAM CARB PER MINUTE OF INTENSITY + 20-30 GRAMS OF PROTEIN + 24-48 OZ FLUIDS

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