

LIFE IN MOTION

MENTAL PERFORMANCE COACHING
EST. 2019

ATHLETE CARE PACKET

**FUELING FOR
PERFORMANCE**



WHY NUTRITION MATTERS

PERFORMANCE

Performance = Training + Nutrition + Recovery

ENERGY

Good food = more energy, strength, better sleep, and focus

RECOVERY

Poor nutrition = slower recovery, more injuries

FOOD IS FUEL!



The right food gives you:

More energy for practices & games

Faster recovery from lifts and hits

Better focus in the classroom and on the field

Stronger muscles and endurance

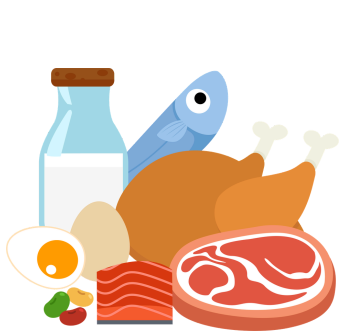
Fewer injuries and cramps

Better quality of sleep



MACRONUTRIENTS

HIGH QUALITY FUEL = HIGH PERFORMANCE



PROTEIN

Muscle Repair

Quick Picks:

Chicken, eggs, beef, greek yogurt, cottage cheese, beans, jerky, protein bars & shakes



CARBS

Energy

Quick Picks:

Fruits, potatoes, vegetables, bread, rice, pasta, oats, granola bars, apple sauce chocolate milk, fruit snacks



FAT

Long-Term Fuel +
Brain Health

Quick Picks:

Avocados, nuts, nut butters, seeds, cheese, milk, eggs, fish, olive oils

MACRONUTRIENTS

PROTEIN

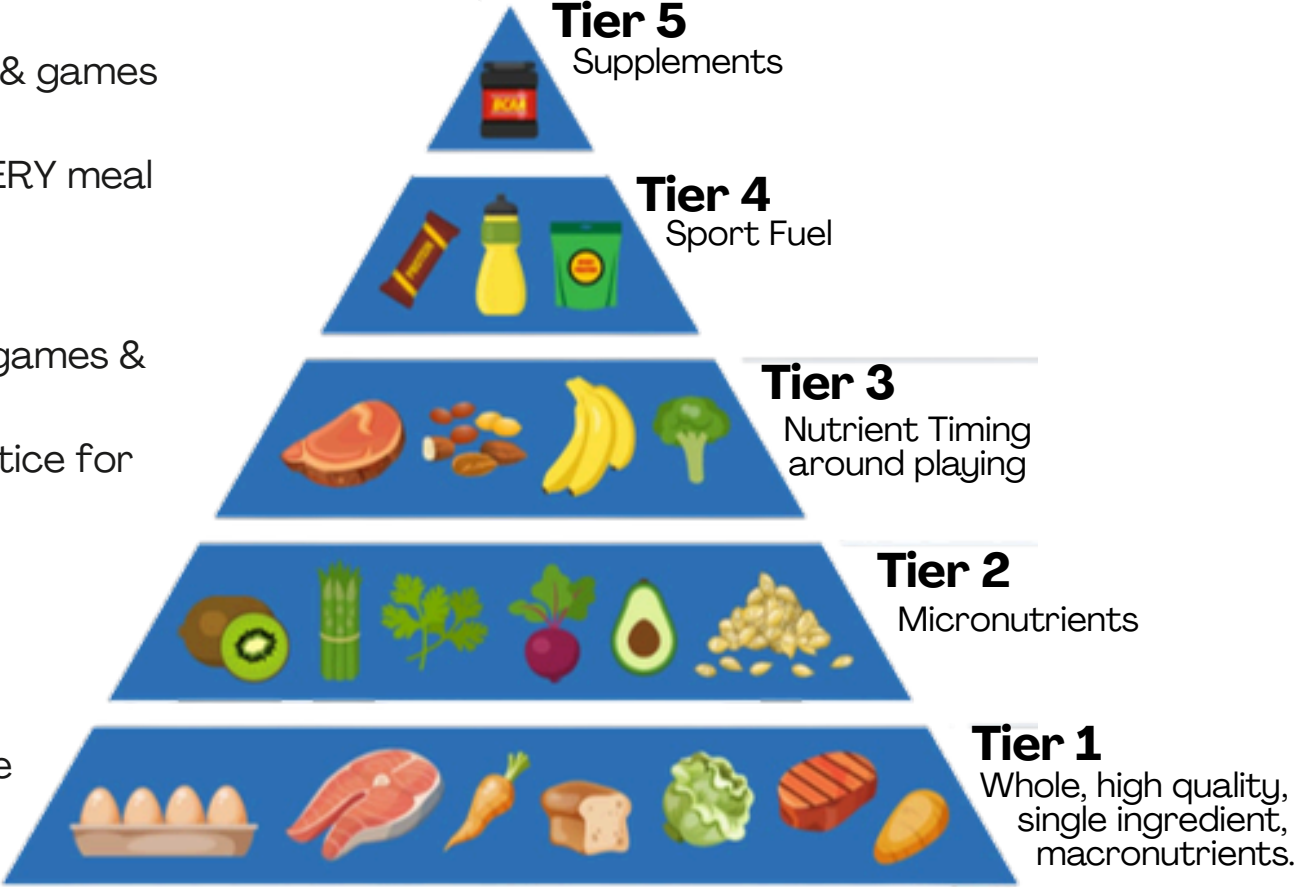
- Needed after workouts & games to help rebuild
- Aim for protein with EVERY meal

CARBS

- Your #1 energy source
- Eat quick carbs before games & practice for energy
- Eat after games & practice for recovery

FATS

- Helps absorb vitamins & protects your brain
- Endurance/long distance macro
- Eat in moderation



HYDRATION

HYDRATION = BETTER PERFORMANCE

Helps muscles work better

Improves reaction time

Reduces risk of cramps & injury

PRO-TIP

Front load your day with water

Sip water all day, not just at practice

Add in Electrolytes, especially on the hot days

Sugar Free Gatorade is a great option

WATER = POWER

Keep your body energized, focused, and fast



BONUS: ELECTROLYTES DAILY FOR THE SWEATY PEOPLE OUT THERE!



SAMPLE GAME DAY MEAL TIMING

FOOD IS FUEL!

Night Before: Pasta, chicken, veggies

Breakfast: Oatmeal, banana, peanut butter toast

Lunch (3–4 hrs before game): Rice bowl with lean protein

Snack (1–2 hrs before): Granola bar, fruit
PS: ALWAYS have snacks on hand!

Post-Game: Chocolate milk + sandwich *or* protein + carbs

COMMON MISTAKES

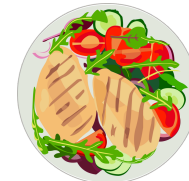
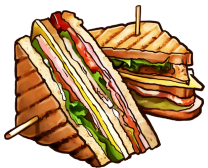
Skipping meals

Not planning food

Too much fast food

Not enough water

Too many energy drinks



SLEEP & NUTRITION

RECOVERY POWER COMBO

8-10 hours will give the best performance

Will improve attention, decision-making, and reaction speed

Helps you lock in what you've learned -plays, strategies, and skills

Body feels IT'S best on good sleep

Treat sleep as the MOST IMPORTANT piece to your training plan!

PRO-TIP

No phone 30 mins before bed

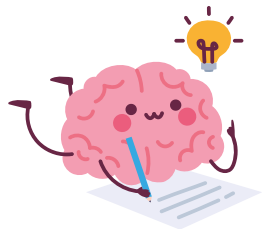
No phone in the first 30 mins waking up

Get regular "OG" alarm clock to use

Create a dark, cool, quiet sleep space

Try to go to sleep and wake up at the same time daily

POOR SLEEP = NOT GREAT FOOD CHOICES = POOR RECOVERY



Good Sleep = better mood, less stress, more confidence

Poor Sleep = irritability, anxiety, low motivation



FUEL. REST. RECOVER. REPEAT

YOUR EDGE IS BUILT OFF THE FIELD

NUTRITION = FUEL

Eat every 3–4 hours

Protein + Carbs = Power & Recovery

Hydrate all day (not just during practice!)

Choose real food: lean meats, fruits, veggies, rice, oats, nuts

Snacks on hand!

SLEEP = REPAIR

8–10 hours every night

No phone 30–60 mins before bed

Cool, dark, quiet room = better sleep

Sleep boosts focus, reaction time, mood, and muscle growth

RECOVERY = STAYING IN THE GAME

Refuel after workouts (within 30–60 mins)

Stretch, foam roll, or do light movement

Stay consistent, recovery is a daily habit

Poor recovery = higher injury risk, slower progress

FUEL. REST. RECOVER. REPEAT

WHAT YOU DO OFF THE FIELD MATTERS

Nutrition fuels your body, eat to perform, not just to fill up

Sleep recharges your brain and builds your muscles

Recovery helps you bounce back stronger and stay in the game

REMEMBER:

You can't out-train a bad diet.

You can't outplay poor sleep.

You can't grow if you never recover.

**YOU BECOME YOUR BEST WHEN
NO ONE IS WATCHING.**

**FUEL YOUR BODY.
RESPECT YOUR SLEEP.
PRIORITIZE RECOVERY.**

IDEAS FOR BUILDING A PLATE

IMPORTANT COMPONENTS OF A PERFORMANCE PLATE

To succeed in building an energy-packed, nutritious meal, try to include all four of the following components:

Whole grains or energy-enhancing foods:

100 percent whole-wheat bread, bagels, tortillas, pita bread and crackers; brown rice; whole-grain pasta; beans; potatoes; oatmeal; whole-grain breakfast cereals; yogurt. (1/4 plate)

Lean proteins or recovery/muscle-building foods:

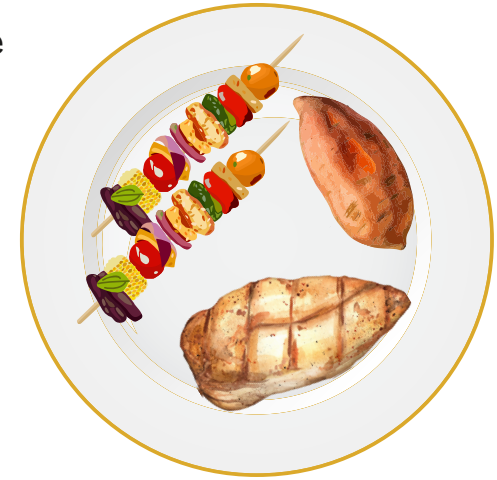
Grilled/baked/broiled/roasted chicken, fish, pork loin, turkey, sirloin and lean ground beef; eggs (1/4 plate)

Fruits and vegetables or antioxidant-rich foods:

Apples; oranges; bananas; blueberries; grapes; melon; strawberries; broccoli; green beans; spinach; romaine lettuce; carrots; cauliflower; mushrooms; cucumbers; tomatoes. (1/2 plate)

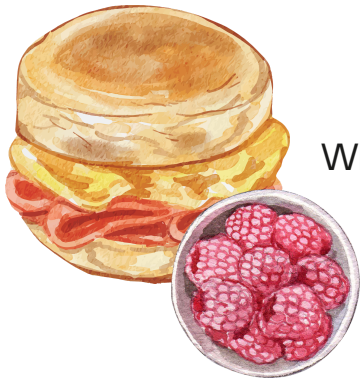
Fat or immunity/flavor-boosting foods:

Nuts; seeds; olives; olive oil; canola oil; avocado; nut butters; oil-based salad dressings. (1-2oz)



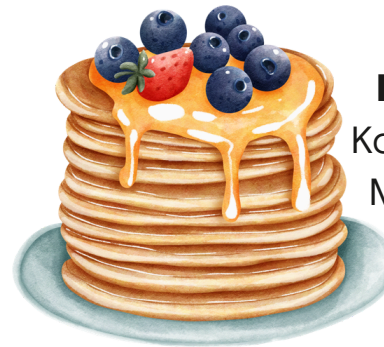
IDEAS FOR BUILDING BREAKFAST

BREAKFAST CAN MAKE OR BREAK AN ATHLETE



Breakfast Sandwich

1 egg, 1 egg white
Whole Wheat english muffin
3oz deli ham
Slice of Colby Jack
3-4oz raspberries



Protein Pancakes

Kodiak Cake mix with
Milk and egg whites

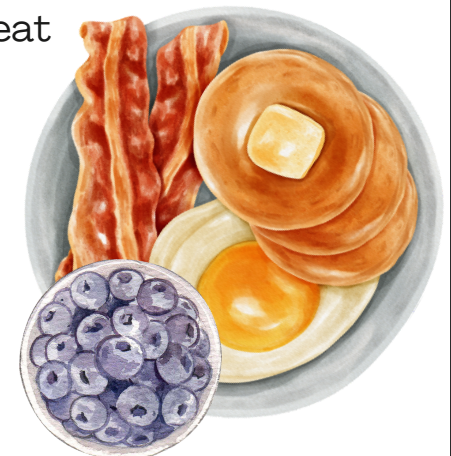


Yogurt Parfait

1 serving greek yogurt
Protein Powder mixed in
Granola & Berries

Hearty Sunday Morning Recovery Breakfast

Breakfast Meat
Pancakes
Eggs
Berries



Overnight Oats
Google a recipe, there
are 1000 out there!



STAY IN MOTION!

This is just the beginning!

**If you want to keep growing, learning, and building your edge off the field,
let's stay connected.**

Life in Motion is here to help you:

- Build confidence under pressure
- Develop consistent habits with nutrition, sleep, and movement
 - Improve focus & mental performance
- Take care of your body, mind, and recovery

Stay Connected:

Instagram: @coachbreebooz & @lifeinmotionllc

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