

MEET-DAY FUELING CHECKLIST

Plan ahead so nutrition is one less thing to worry about

Pack the night before

- Water bottle(s)
- Familiar pre-event meal/snack
- Easy-to-carry snacks
- Recovery food for afterward
- Cooler/ice packs when appropriate
- Utensils/napkins if needed

Before the event

- Eat a familiar meal or snack at a comfortable time
- Drink fluids regularly
- Avoid trying new foods or supplements right before competing

Between events

- Use small, familiar snacks as needed
- Continue drinking fluids
- Choose foods that are easy to tolerate

After the final event

- Rehydrate
- Have a balanced recovery meal or snack
- Continue normal meals through the rest of the day

QUICK CHECKLIST

- Food packed
- Water packed
- Recovery food packed
- Cooler/ice packs ready if needed
- Meal/snack timing planned
- No new foods or supplements on competition day

For athletes and families: individual nutrition needs can vary by age, growth, training load, medical needs, and other factors. For individualized guidance, consult a qualified sports dietitian or healthcare professional.