

HEALTH & NUTRITION

bc athlete
voice

WEEKLY DIET DIARY...

MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
					Lunch	
Lunch	Lunch	Lunch	Lunch	Lunch	Dinner	
					Snacks	
Dinner	Dinner	Dinner	Dinner	Dinner		Breakfast
						Lunch
Snacks	Snacks	Snacks	Snacks	Snacks		Dinner
						Snacks

DIET TARGETS...

TARGET:

DATE / DURATION:

TARGET:

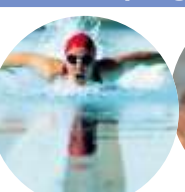
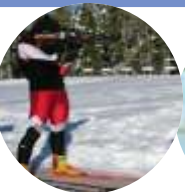
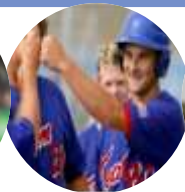
DATE / DURATION:

TARGET:

DATE / DURATION:

TARGET:

DATE / DURATION:



SAMPLE MEAL IDEAS TEMPLATE...

My Pre-Training Meals

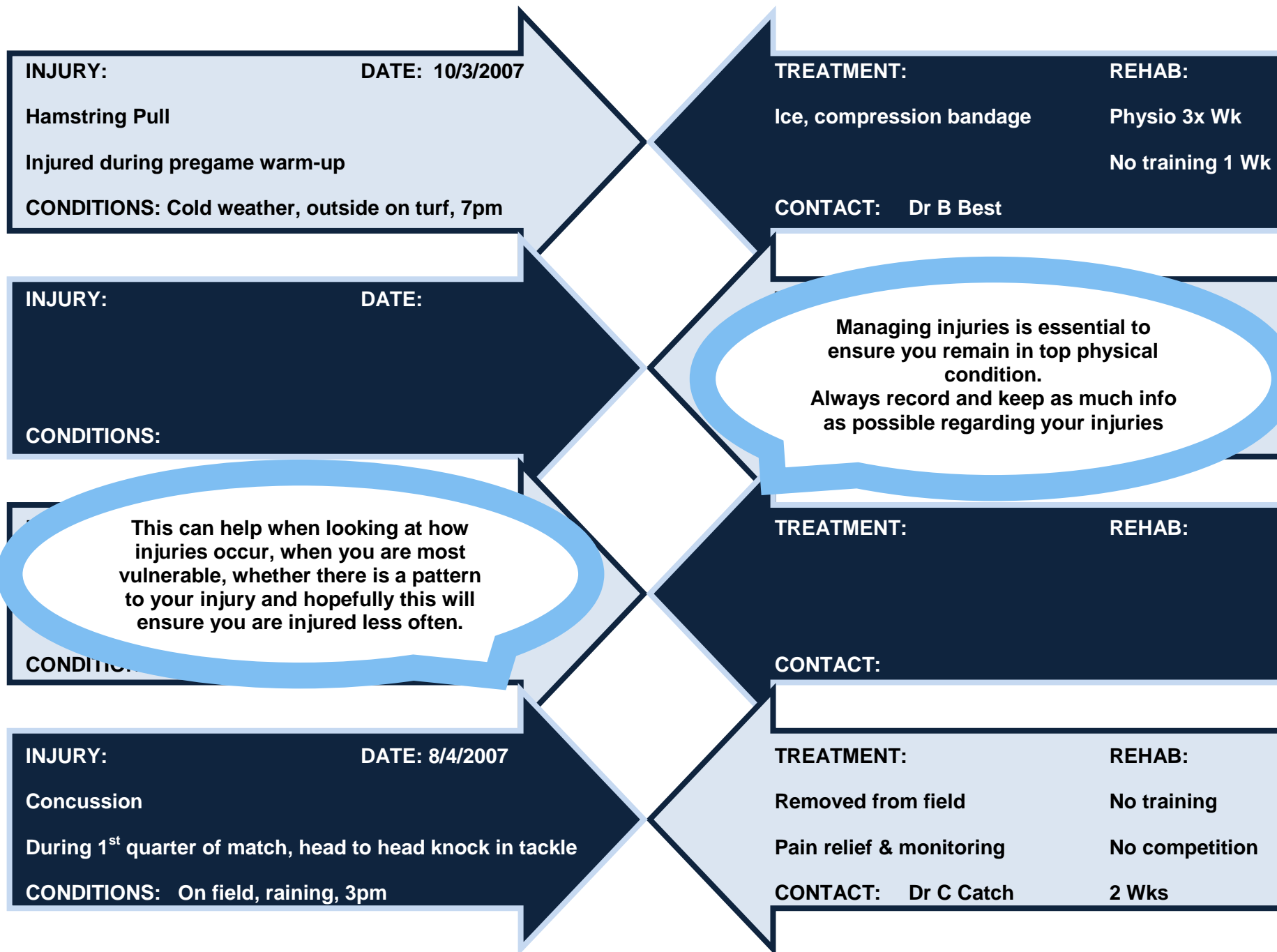
My Healthy Snacks

MEAL
IDEAS

My Recovery Food

My Pre-Competition Meals

INJURY MANAGEMENT...



INJURY MANAGEMENT...

INJURY:	DATE:	TREATMENT:	REHAB:
CONDITIONS:		CONTACT:	
INJURY:	DATE:	TREATMENT:	REHAB:
CONDITIONS:		CONTACT:	
INJURY:	DATE:	TREATMENT:	REHAB:
CONDITIONS:		CONTACT:	
INJURY:	DATE:	TREATMENT:	REHAB:
CONDITIONS:		CONTACT:	