

Your Game Plan

1

What do you need to do to prepare for your game today? (Eat breakfast, plan your strategy or exercise)

I need to focus on:

2

Its time for recess, don't forget to have a snack that contains protein and carbohydrate plus plenty of water to stay hydrated. Your energy levels will stay high and your brain will be ready to fire.

I need to focus on:

3

This is the Grand Final quarter - To ensure that you keep your energy levels high, try to avoid sugary foods and choose a snack like yoghurt and fruit, nuts, baked beans on toast or potato, a milkshake or cheese and crackers. Remember that your day is just like a game and you need to run it out to the end.

I need to focus on:

4

It's important to finish your day with energy and vitality - especially if there is sport and study to do. Don't forget to prepare for the next day by getting enough sleep, packing your bag with enough food and fluid and spend 5 minutes planning for your next game day.

I need to focus on:

