**Personal Fitness 12 – Food Diary Reflection Sheet** Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Last year when you were in PF 11 we looked at eating properly following the Canadian Food Guide, ratio of carbohydrates, fats, and proteins in your diet, using the 90/10 rule, and number of calories consumed meeting your daily needs. This year the focus will be less on what you eat and more on when.

Looking at the nutrition guidelines on the sheet entitled “Athlete Eating Guidelines” use the chart below to determine what your protein requirements will be:

|  |  |  |
| --- | --- | --- |
| Time of Fuel Consumption | Amount of Protein Necessary | Examples of Ideal Sources (look to other resources) |
| Before Training |  |  |
| 30-60 minutes after training |  |  |
| Daily Requirements  (need to know weight and do the math!) |  |  |

Looking at the nutrition guidelines on the sheet entitled “Athlete Eating Guidelines” use the chart below to determine what your carbohydrate requirements will be:

|  |  |  |
| --- | --- | --- |
| Time of Fuel Consumption | Amount of Carbs Necessary | Examples of Ideal Sources |
| Before Training | Dependent of activity, body type, ect. |  |
| 30-60 minutes after training |  |  |
| Daily Requirements  (need to know your activity levels and do the math!) |  |  |

Looking at the nutrition guidelines on the sheet entitled “Athlete Eating Guidelines” use the chart below to determine what your fat requirements will be:

|  |  |  |
| --- | --- | --- |
| Time of Fuel Consumption | Amount of Fat Necessary | Examples of Ideal Sources |
| Before Training |  |  |
| 30-60 minutes after training |  |  |
| Daily Requirements  (need to know your weight and do the math!) |  |  |

Remembering the fluid requirements from PF 11 or doing some research, use the chart below to determine your fluid requirements

|  |  |  |
| --- | --- | --- |
| Time of Fuel Consumption | Amount of Fluid Necessary | Examples of Ideal Sources |
| Before Training |  |  |
| During Training |  |  |
| After Training |  |  |

1. Looking at your own food diary, how well are you following the guidelines above?

1. What are two ways you are doing a good job following the guidelines?
2. What are two ways you could improve your diet to meet the guidelines above?

2. Log onto myfitnesspal.com and set up your own account. Then looking at your completed food guide, choose the most typical eating day of the four you filled in and enter those foods into the program. After you have done so press the calculate button and the website should give you a letter grade and tell you if you are meeting your daily needs in a variety of areas. Please print this information out and staple it to this sheet. Answer the questions below using this information.

My protein consumption is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ g and this is above, ideal, or below my required consumption.

My carbohydrate consumption is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ g and this is above, ideal, or below my required consumption.

My fat consumption is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ g and this is above, ideal, or below my required consumption.

3. List three ways you could improve your diet for the day that you have chosen to analyze.