



Healthy Habits Schedule

To Do List

- Get 8 Hours of Sleep
- Limit Screen Time After Dark
- Get 10-15 Minutes of "Me Time"
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- Snacks = 1-2 Oz Protein
- Meals = 3-4 Oz Protein
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Notes:

Don't Skip Meals & Snacks

Avoid Sugary Drinks & Food

Avoid Spicy Foods

Don't Carb Load With
Processed Foods

6:00 Rise & Shine

6:15 8-16 Oz of Water

7:00 Breakfast

7:45 8-16 Oz of Water

8:30 Leave For Practice

9:00 Practice Starts

11:00 Practice Ends

8-16 Oz of Water

11:30 Snack

12:15 8-16 Oz of Water

1:00 Lunch

3:00 8-16 Oz of Water

4:00 Snack

5:00 8-16 Oz of Water

6:00 Dinner

7:00 8-16 Oz of Water

10:00 Sweet Dreams

