Fueling an event day

Plan for travel, waiting between matches and the trip home. Read Fueling a training day for guidance. Download or use the companion: athleteperformancepress.com/journal-pages/

EVENT

DATE

DEPARTURE

EVENT START

RETURN

Part of the day	Food / fluids available or packed	Timing / reminder
Before leaving		
Before competing		
Between matches		
After the event		

What I will bring / Who can help me arrange it

What changed during the day / What I will adjust next time