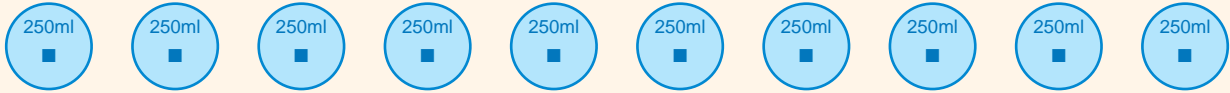


Hydration & Nutrition Checklist

Support your workouts with the right fuel and hydration daily

DAILY WATER TRACKER (Target: 2–3 Litres)



MEAL CHECKLIST

■ Breakfast	Protein + complex carb (e.g. eggs + oats or Greek yoghurt + fruit)
■ Mid-Morning	Optional: fruit, nuts, or protein snack if hungry
■ Lunch	Lean protein + vegetables + whole grain (e.g. chicken + salad + rice)
■ Pre-Workout	Light carb + small protein 60–90 min before training
■ Post-Workout	Protein within 30–45 min (shake, eggs, cottage cheese, or legumes)
■ Dinner	Balanced plate: protein + vegetables + healthy fat
■ Evening	Avoid heavy meals after 8 pm — herbal tea or light snack only

FRUIT & VEGETABLES

■ Portion of leafy greens (spinach, kale, rocket)	■ Colourful veg (peppers, carrots, tomatoes)
■ Piece of whole fruit (not juice)	■ Legumes or beans (lentils, chickpeas, etc.)
■ Avoided ultra-processed food today	■ No sugary drinks today

Notes / How I ate today
