



# Nutrition for the Competitive Soccer Player

## *Section 2: The What and Why of Sports Nutrition*

- 1. Jot down some reasons *WHY* sports nutrition is so important.**
  
- 2. Think about a time your performance was subpar, did it have anything to do with your fuel or lack there of?**
  
- 3. We discussed how individual nutrition is to each athlete. What are some unique things to you that might effect your nutrition? (*preferences, schedule, position, goals, injuries, intolerances/allergies*)**
  
- 4. Now that you have heard some common struggles of soccer athlete's. Rewrite some nutrition *strengths & weaknesses*.**

**Write down some strengths & weaknesses when it comes to sports nutrition?**

*Strengths:*

*Weakness:*