

# Caffeine Timing for Performance

Reflect (record in pencil if possible) on how your day went today

Date / Time

Experiment with caffeine for a day. Ideas, drink two cups of water after coffee, drink coffee 10 min before eating, et. (use Google for other ideas)

2. How long did it take for the caffeine to take effect? Did any of your experiments improve your performance?

3. How long did it take for the caffeine to take wear off? How did you feel during this crash?

4. What action(s) will you take from what you observed in this exercise?

