

# Food Timing for Peak Performance

Reflect on your food at the end of day for a week (record in pencil if possible)

Date / Time

Food affects all of us differently, to understand how food affects your mood and energy levels, you need to make a record to analyze over the course of a week. To eat for peak performance, you need to understand not only the type of food but the timing of that food on your system.

Time	Before eating		45 Min after eating		Food Description Carb/Fat/Protein	Calories
	Mood 1-10	Energy 1-10	Mood 1-10	Energy 1-10		
8 am						
9 am						
10 am						
11 am						
12 pm						
1 pm						
2 pm						
3 pm						
4 pm						
5 pm						
6 pm						
7 pm						
8 pm						
9 pm						
10 pm						

What foods improved your energy and moods the most.

How long after eating did the food's effect on your mood and energy take to present?

What did you learn from what you observed in this exercise?

What can you do to implement your reflections in your daily life?

