

HEALTHY EATING CHALLENGE

You can't out-train a bad diet. Fuel like a champion.

FIRST NAME

LAST NAME

AGE

RANK

Each time you make a smart nutrition choice on your own, log it on the back. Complete 10 entries per section to earn a stripe. This sheet is worth 2 stripes. Nutrition is the foundation of athletic performance: treat food as fuel.

THE NEW FOOD PYRAMID

2025–2030 Dietary Guidelines. Eat MORE from the top, LESS from the bottom. “Eat real food!”



Source: Dietary Guidelines for Americans 2025–2030, [realfood.gov](https://www.realfood.gov)

NUTRITION GUIDELINES FOR ATHLETES

☐	Prioritize protein at every meal 1.2–1.6 g per kg of body weight: meat, fish, eggs, dairy, legumes	☐	Limit added sugars Under 25 g a day for youth and women, 36 g for men
☐	Eat real, whole foods If it grew from the ground or had a mother, it's real food	☐	Choose whole grains in small portions Brown rice, oats, whole wheat: fuel, not filler
☐	Fill half your plate with fruits and vegetables Whole forms, all colors; micronutrients drive recovery	☐	Include healthy fats daily Olive oil, nuts, seeds, avocado, butter
☐	Hydrate with water Skip soda, energy drinks and sugary drinks	☐	Never skip breakfast Protein + fruit = a competitor's edge
☐	Avoid processed and fast food Chips, candy, drive-thru meals, frozen junk	☐	Read labels Ingredients matter more than marketing

→ FLIP THIS SHEET TO START LOGGING YOUR CHOICES



Write what you chose **and** what you passed on. Own the decision.

STRIPE 1 — log 10 smart nutrition choices

#	HEALTHY CHOICE	INSTEAD OF	DATE
1	I chose:	Instead of:	Date:
2	I chose:	Instead of:	Date:
3	I chose:	Instead of:	Date:
4	I chose:	Instead of:	Date:
5	I chose:	Instead of:	Date:
6	I chose:	Instead of:	Date:
7	I chose:	Instead of:	Date:
8	I chose:	Instead of:	Date:
9	I chose:	Instead of:	Date:
10	I chose:	Instead of:	Date:

✓ COMPLETE 10 HEALTHY CHOICES TO EARN ATTITUDE STRIPE 1

STUDENT

PARENT/GUARDIAN (IF UNDER 12)

INSTRUCTOR · DATE

STRIPE 2 — log 10 smart nutrition choices

#	HEALTHY CHOICE	INSTEAD OF	DATE
11	I chose:	Instead of:	Date:
12	I chose:	Instead of:	Date:
13	I chose:	Instead of:	Date:
14	I chose:	Instead of:	Date:
15	I chose:	Instead of:	Date:
16	I chose:	Instead of:	Date:
17	I chose:	Instead of:	Date:
18	I chose:	Instead of:	Date:
19	I chose:	Instead of:	Date:
20	I chose:	Instead of:	Date:

✓ COMPLETE 10 HEALTHY CHOICES TO EARN ATTITUDE STRIPE 2

STUDENT

PARENT/GUARDIAN (IF UNDER 12)

INSTRUCTOR · DATE