

Build Your Base Program

Athlete Post-Survey



While participating in this program:

1. How many meals did you typically eat per day?
 _____ Meals per day during the summer and on weekends
 _____ Meals per day during the school week
2. Did you typically eat **every three to four hours** to meet your energy and nutrient needs?
 - a. Yes
 - b. No
3. What did your meal plate typically consist of? (circle all that apply)
 - a. Protein
 - b. Grains
 - c. Vegetables
 - d. Fruits
 - e. Dairy
4. Why is it important for you as an athlete to consume protein?

5. Where did you typically consume your meals?
 - a. At a restaurant with family
 - b. At home with family
 - c. Out to eat with friends
 - d. At a friend's house
 - e. Gas Station/Convenience Store
 - f. Other: _____
6. How many hours of sleep did you regularly get each night?
 - a. Less than 7 hours
 - b. 7 to 7 ½ hours
 - c. 8 to 8 ½ hours
 - d. 9 to 9 ½ hours
 - e. Greater than 10 hours
7. Did you make sure to eat a pre-activity MEAL 3-4 hours before and a pre-activity SNACK 30-60 min before a sports activity (workout/practice/game)?
 - a. Yes
 - b. No

8. If you answered yes to the previous question, what did you usually eat for your last meal and snack prior to training or competition?

Meal: _____

Snack: _____

9. How often did you eat **upon completion** of a workout, practice or competition?

- a. Never
- b. Rarely
- c. Sometimes
- d. Always

10. What did you usually eat **after** a workout, practice or competition?

11. Did you consistently monitor your hydration by looking at your urine color?

- a. Yes
- b. No

12. If you answered yes to the previous question, which of the following colors was your urine typically?

- a. Color similar to Apple Juice
- b. Color similar to Lemonade
- c. Color that is completely clear

13. Did you set goals for the season?

- a. Yes
- b. No

14. If you answered yes to the previous question, were your goals specific, measurable, achievable, relevant, and timely?

- a. Yes
- b. No

15. What is one thing you learned throughout this program?

16. Comments or Questions about this program:

