

Rate Your Performance Plate



Take this easy questionnaire to assess your current eating habits. There is no “right” or “wrong” answer to the questions – this is a tool to determine opportunities for increasing your sports performance.

Step 1: Rate Yourself

Do you...	DAILY	WEEKLY	MONTHLY+
Think about athletic goals when making food choices?	Always	Sometimes	Never
Eat regular meals (including breakfast) rather than skipping meals?	Always	Sometimes	Never
Include all of the food groups in your daily meal plan?	Always	Sometimes	Never
Aim for whole grains over white grains?	Always	Sometimes	Never
Consume dark green vegetables daily?	Always	Sometimes	Never
Ensure at least ½ of your calories come from carbohydrate sources?	Always	Sometimes	Never
Eat at least 3 servings of fruits daily?	Always	Sometimes	Never
Monitor hydration status?	Always	Sometimes	Never
Drink water regularly throughout the day?	Always	Sometimes	Never
Include a protein source with each meal and snack?	Always	Sometimes	Never
Consume a recovery meal/snack within 60 minutes of post training?	Always	Sometimes	Never
Use a multi-vitamin mineral supplement to ensure adequate micronutrients?	Always	Sometimes	Never
Consider practice/game intensity when choosing a meal?	Always	Sometimes	Never
Avoid alcoholic beverages? (If you do not consume alcohol, give yourself 2 pts.)	Always	Sometimes	Never
Limit junk foods (ultra-processed foods) to less than 2 servings/day?	Always	Sometimes	Never
Sleep an average of 8 hours each night?	Always	Sometimes	Never



Kristen Hamilton
Registered Dietitian
khamilton@sisusystems.com

Step 2: Score Yourself

Usually = 2 points

Sometimes= 1 point

Never = 0 points

26 & up

Smart eating for your sport is a priority to you! You make conscious decisions to improve your athletic performance whenever possible. Keep up the good work!

19 to 25 points

You are headed in the right direction. Increase the 'sometimes' to 'always' and you will be on the fast track to enhanced sports performance.

12 to 18 points

Occasionally you think about your diet as it pertains to your sport. Pick a few nutrition goals to work on and you will be heading in a direction to perform at your best! If you need support, reach out to a sports dietitian.

0 to 11 points

Take a step back and look at your overall eating style. Start by gradually incorporating smart lifestyle choices so they become a staple in your life. A good place to start is by scheduling an appointment with a sports dietitian.

Step 3: Goal Setting

Based upon the previous two steps, chose three goals to focus on over the semester. The idea is to gradually turn your **"never"** into **"sometimes"** and your **"sometimes"** into **"always."** Write down those three goals and stick with them over the semester.

Nutrition Goals:

Goal 1: _____

Target Goal Date: _____

Goal 2: _____

Target Goal Date: _____

Goal 3: _____

Target Goal Date: _____



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