

## Pro Cheer Playbook – My Nutrition & Fitness

Please fill out this worksheet in reference to your **current** eating habits and workout regimen. Be honest © Nutrition & Fitness go hand-in-hand!

### My Meals - Current

Day 1	Typical Meals	Beverage	Time of Day
Breakfast			
Lunch			
Dinner			
Snacks			
Day 2	Typical Meals	Beverage	Time of Day
Breakfast			
Lunch			
Dinner			
Snacks			

### My Workouts – Current

Typical Workout Regimen	# of Days/week

## Pro Cheer Playbook – My Nutrition & Fitness

Please fill out this worksheet in reference to your **NEW** eating habits and workout regimen based on what you have learned.

### My Meals – NEW & IMPROVED

Day 1	New & Improved Meals	Beverage	Time of Day
Breakfast			
Lunch			
Dinner			
Snacks			
Day 2	New & Improved Meals	Beverage	Time of Day
Breakfast			
Lunch			
Dinner			
Snacks			

### My Workouts – NEW & IMPROVED

New & Improved Workout Regimen	# of Days/week