Pre-Game Warm-Up

Stretching
Cardio
Sport Specific Warm-Up
Mental Focus
Pre-Game Meal

Game Time

Pre-Game Meal
Hydration
Mental Focus
Sport Specific Warm-Up
Cardio
Stretching

Post-Game

Post-Game Meal
Hydration
Mental Focus
Sport Specific Cool-Down
Cardio
Stretching

Post-Game Meal Ideas

Chocolate Milk
Protein Shake
Tuna Sandwich
Cottage Cheese
Yogurt
Hard Boiled Eggs
Cheese
Nuts
Trail Mix
Protein Bar
Protein Cookie
Protein Muffin
Protein Pancake
Protein Waffle
Protein Bagel
Protein Cereal
Protein Oatmeal
Protein Smoothie
Protein Pudding
Protein Jello
Protein Ice Cream
Protein Popsicle
Protein Cake
Protein Pie
Protein Cheesecake
Protein Brownie
Protein Cookie Dough