

MY HOME OFFICE PERFORMANCE

Nutrition and performance are closely related. Good eating habits and an evenly distributed blood sugar level throughout the day are the basis of a performance-enhanced diet.

**Log every week how efficiently you are in everyday life and how you feel about food.
Do you see connections?**

Date _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MY PERFORMANCE DURING WORKING HOURS Did I have energy and focus? 1=very little 5=very much	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
I HAVE EATEN REGULARLY 3 main meals and 1-2 snacks	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I HAVE DRANK ENOUGH 1,5-2 liter	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I EAT A HEALTHY DIET komplexe Kohlenhydrate, hochwertige Fette, Eiweiß, Vitamine	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I HAVE BUILT-IN BRAINFOOD SNACKS Trail mix, vegetable sticks, quark with fruit etc.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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I EAT A HEALTHY DIET complex carbohydrates, high-quality fats, protein, vitamins	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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