



THE ATHLETE'S TOOLKIT™

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THE ATHLETE'S TOOLKIT™

THE ATHLETE'S TOOLKIT™ helps you attain a high level of good health and nutrition in order to improve your performance and achieve your personal best. Created by Doris Romano, a nutrition specialist primarily for athletes, The Athlete's Toolkit™ is for people who are competitive with themselves, deeply committed to obtaining outstanding results, and hungry for professional advice to help them reach their goals.

“Most people who are training for recreational or professional athletic events often feel that they are not performing as well as they should be,” says Doris Romano, who is both a registered nurse and nutritionist. “In part, that may be because they have not reached the optimum health they need to perform at the highest level. For instance, they may be unaware of the roles the right nutrition plan could play in this objective. They may not know what to eat to fuel their training or workouts. They may also not be at their ideal weight. Or, they may not be coping well with stress. Most importantly, they may not have a long-term vision of where they are going or what they want to achieve.”

That's why we created *The Athlete's Toolkit™*, a step-by-step process to help athletes develop that long-term vision. In phase one, you participate in a one-on-one **60-minute Starter Line Session** to help you assess your current situation and clarify your goals. Then you will be ready to take advantage of The Athlete's Toolkit™, our full coaching program, to help you develop strategies and a detailed plan.

“Most people who are training for recreational or professional athletic events often feel that they are not performing as well as they should be.”

As a member of our program, you have a comprehensive nutrition plan specific to your personal needs. You are aware of what food best fuels your training. You are reaching your ideal weight. You feel as healthy as you can be. As a result, you look and feel like the athlete you have always hoped you could be, performing and achieving your best.

THE ATHLETE'S TOOLKIT™

THE ATHLETE'S SCORECARD™

To help you clearly understand your current situation, try *The Athlete's Scorecard*. Rate your reactions to each pair of phrases. Decide where you lie on the scale from 1 to 10. Add up your total from each column.

I don't consider myself an athlete	1	2	3	4	5	6	7	8	9	10	I consider myself an athlete
I don't have a long-term vision	1	2	3	4	5	6	7	8	9	10	I have a long-term vision
I do not have a healthy diet	1	2	3	4	5	6	7	8	9	10	I have a healthy diet
I do not have a nutrition plan specific to my personal needs	1	2	3	4	5	6	7	8	9	10	I have a nutrition plan specific to my personal needs
I don't know what to eat to fuel my training or workouts	1	2	3	4	5	6	7	8	9	10	I am aware of what food best fuels my training needs
I am not my ideal weight	1	2	3	4	5	6	7	8	9	10	I am my ideal weight
I am not feeling healthy	1	2	3	4	5	6	7	8	9	10	I am feeling as healthy as I can be
I don't cope well with stress	1	2	3	4	5	6	7	8	9	10	I cope well with stress
I am not performing as well as I would like or achieving my personal best	1	2	3	4	5	6	7	8	9	10	I am performing as well as I would like
I cannot visualize my success	1	2	3	4	5	6	7	8	9	10	I can visualize my success

ADD COLUMN TOTALS. YOUR SCORE IS _____.

For each row ask yourself:

Question 1: Why did you give yourself that score?

Question 2: What do you think you need to do to improve your score?

THE VISION QUESTION

If you could improve your performance, what short and long-term goals would that help you achieve?

Name of Vision

The _____

Yes No Are you committed to this vision?

Name of Vision _____

The Three Projects

To achieve my vision, I need to work on these three projects:

1.

2.

3.

My Three Actions

To get started, I must immediately take these three actions:

1.

2.

3.