



THE **4P** SPORTS NUTRITION SCHOOL

LEVEL 1 PLAYBOOK

By **eat this**
for performance
www.et4p.com

This playbook belongs to Competitor:

**WELCOME
TO THE
GAME**



Sign your name to your 14 day quest



eatthis
for **performance**

I commit to complete all of the Eat This for
Performance Course within 14 days.

Signature

Date



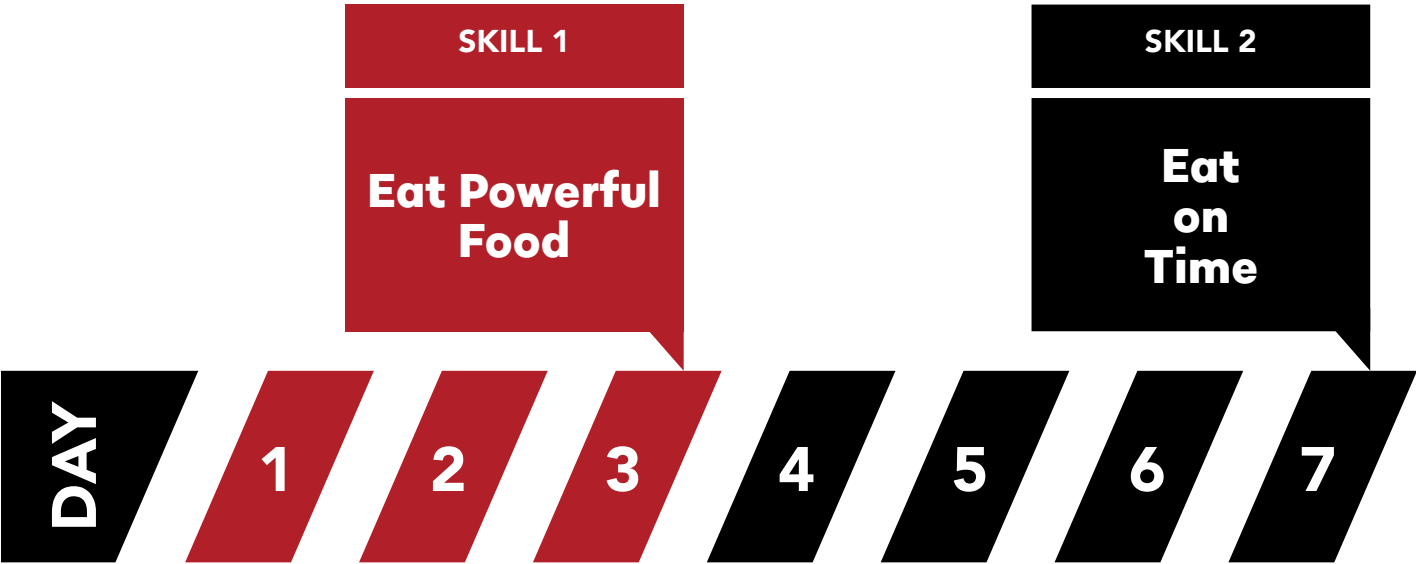
Take the 14 Day Competitor Quest

Have some fun with us!

We believe that nutrition can be exciting and to prove it, we have turned our nutrition world into a fun game. By inviting you into a “quest” instead of a course, we will be teaching complex science without you even noticing it! We are inviting you into the **ET4P** world where we turn nutrition into a story.

Throughout your quest, your guides will teach you 4 game-changing nutrition skills.

You have 30 short video training sessions to master 4 skills.
Daily lessons prepare you for the 4 challenges that will test your new skills. Keep up with your daily lessons and you will be ready for each challenge.



Your timeline to complete the quest




The Story...

Our nutrition world is a Kingdom. We call it the Kingdom of Champions because those who live in our Kingdom become Champions. Your quest, should you accept it Competitor, is to become a Champion.

SKILL 3

**Eat
Like a
Champion**

SKILL 4

**Be a
Success
Story** 

8

9

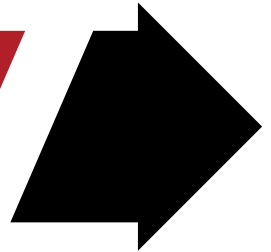
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11

12

13

14



**READY,
SET, GO!**

Your quest begins now!



**EAT
POWERFUL
FOOD**



Here's your food list to help guide you.

ENERGIZERS



Oats H	Buckwheat	Rice
Pasta H	Bulgur	Corn
Quinoa H	Millet	Potatoes H
Bread H	Wild Rice	Sweet Potatoes
Wheat Berries H	Barley	

ENERGIZERS FOR IN-PLAY



Juice mixed with water Fruit superfoods + water

SUPPLEMENTAL FOODS

In the 4P Sports Nutrition School learn to master when to eat supplemental foods. These foods are not "good" or "bad" but need to be understood to be used effectively.

Sports Drinks, Sugar, Honey, Maple Syrup, Agave, Milks, Yogourts, Cheese, Oils, Cereals, Bars, Powders, Shakes

ENERGIZER SUPERFOODS



Apples	Banana	Pomegranate
Dates	Melons	Pineapple
Oranges	Cherries	Raisins
Pears	Kiwi	Grapes
Berries	Plum	Grapefruit
Mango	Papaya	

MUSCLE BUILDERS



PLANT MUSCLE BUILDERS

Soy: Edamame, Tofu
Nuts (+++): Almonds, Peanuts, Peanut Butter
Seeds (++) **H**: Pumpkin, Squash Seeds

ANIMAL MUSCLE BUILDERS

Eggs (+)
Canned tuna, in water
Chicken or Turkey
White fish
Omega-3 Rich Fish (+):
Trout, Salmon, Sardines, Mackerel,
Seafood: Nordic Shrimp, Scallops, Mussels, Oysters
Lean Beef (+) **H**
Lean Lamb (+)

SUPERFOODS



IMMUNITY ENFORCER

Cucumber
Zucchini
String Beans
Cauliflower
Eggplant
Cabbage
Brussels Sprouts
Onion
Leeks
Peas
Broccoli
Asparagus
Squash
Turnip

SPRINT ENDURANCE

Celery
Dark Leafy Greens **H**
Red Beetroot
Arugula

BONE STRENGTH

Mushrooms
Spinach **H**
Dark Leafy Greens **H**

SUPERFOOD FATS (++++)

Olives
Avocados
Almonds
Peanuts
Brazil Nuts
Cashews
Pistachios
Pecans
Pine Nuts
Sunflower Seeds
Pumpkin Seeds **H**
Sesame Seeds
Walnuts
Chia Seeds
Flaxseeds
Hemp Seeds

PERIPHERAL VISION

Carrots
Tomatoes
Bok Choy
Pumpkin
Red Peppers

SUPERFOODS FLAVOR BLASTS

Mint	Garlic	Mustard
Lemons & Limes	Ginger	Basil
Cinnamon	Turmeric	
Cocoa	Vanilla	

LEGUMES!



THE ULTIMATE PERFORMANCE FOOD:

Black Beans, White Beans **H**, Chickpeas **H**,
Kidney Beans, Pinto Beans, Lentils **H**

→ Head to **ET4P.COM/GO** for more



LEGEND

H = Source of iron, the power to **RESTORE YOU**

+ = There are significant amounts of hidden fats in that food. Fat is slow to digest.

TAKE
ACTION

Print
3 copies
of the ET4P
food list*

3 Places this list is going: ex: fridge, gym bag, work bag

☐

☐

☐

*SPECIAL PRINTABLE AT ET4P.COM/QUEST-MAP



Take your first steps into the Kingdom of
Champions with your map in hand.

Make energizing meals and snacks using energizer foods.

TAKE ACTION

My Top 3:**In-Play Energizers**☐

☐

☐

Energizer Superfoods☐

☐

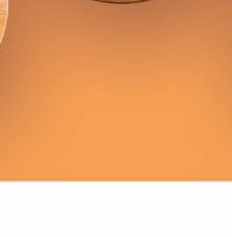
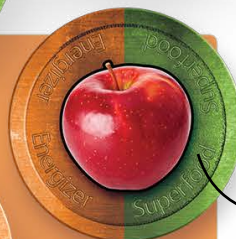
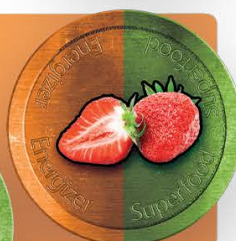
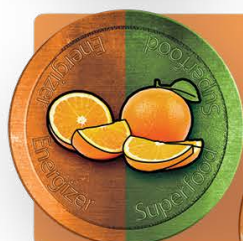
☐

Energizer grains & starches☐

☐

☐


Very quick
energizers




Quick
energizers


Slow
energizers

Make performance enhancing meals and snacks with Superfoods.

TAKE
ACTION

My Top 7:

Superfoods

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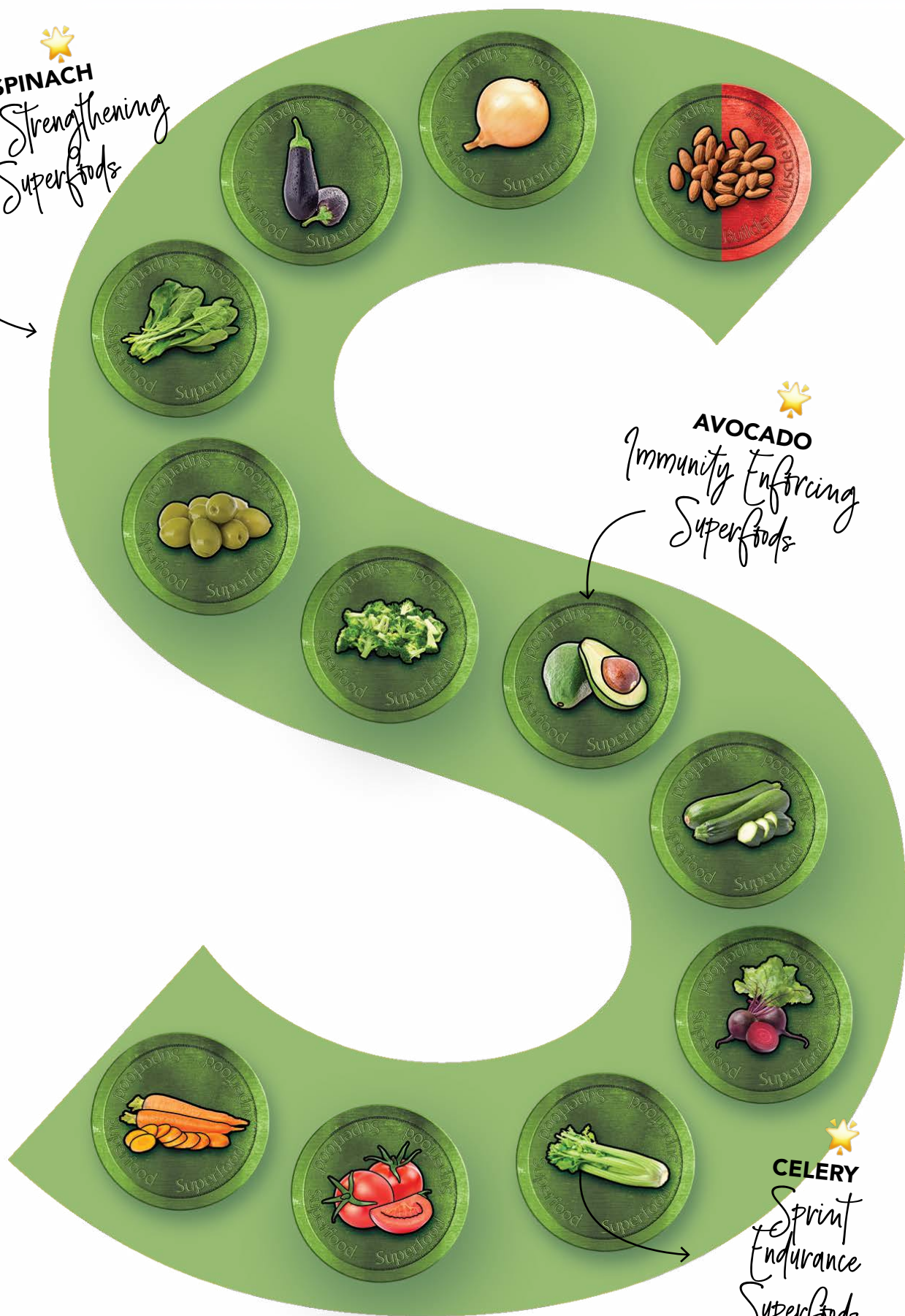
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SPINACH
*Bone Strengthening
Superfoods*




AVOCADO
*Immunity Enforcing
Superfoods*


CELERY
*Sprint
Endurance
Superfoods*

Make muscle building meals and snacks with Muscle Builders

TAKE ACTION

My Top 7:

Muscle Builders

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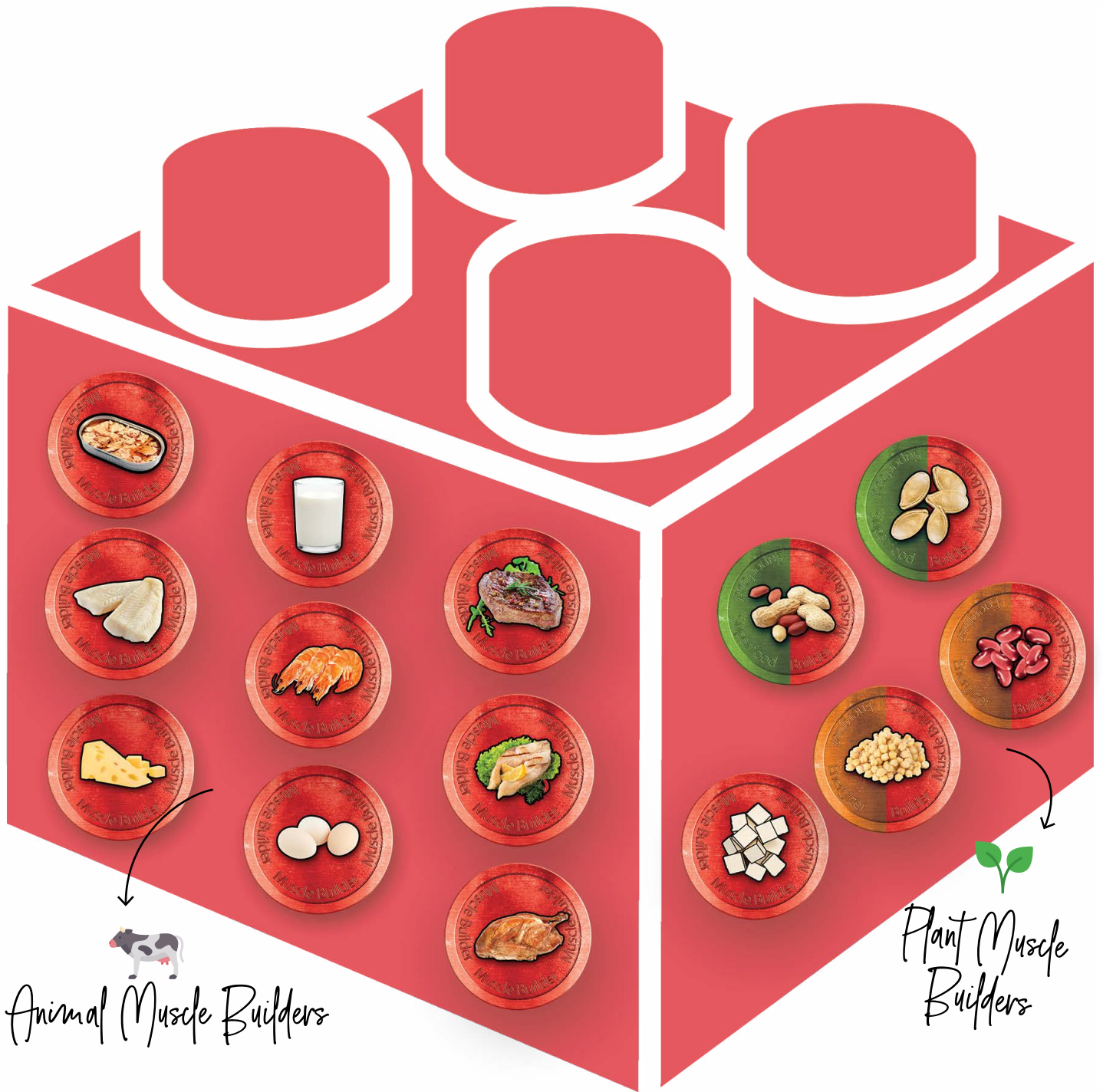
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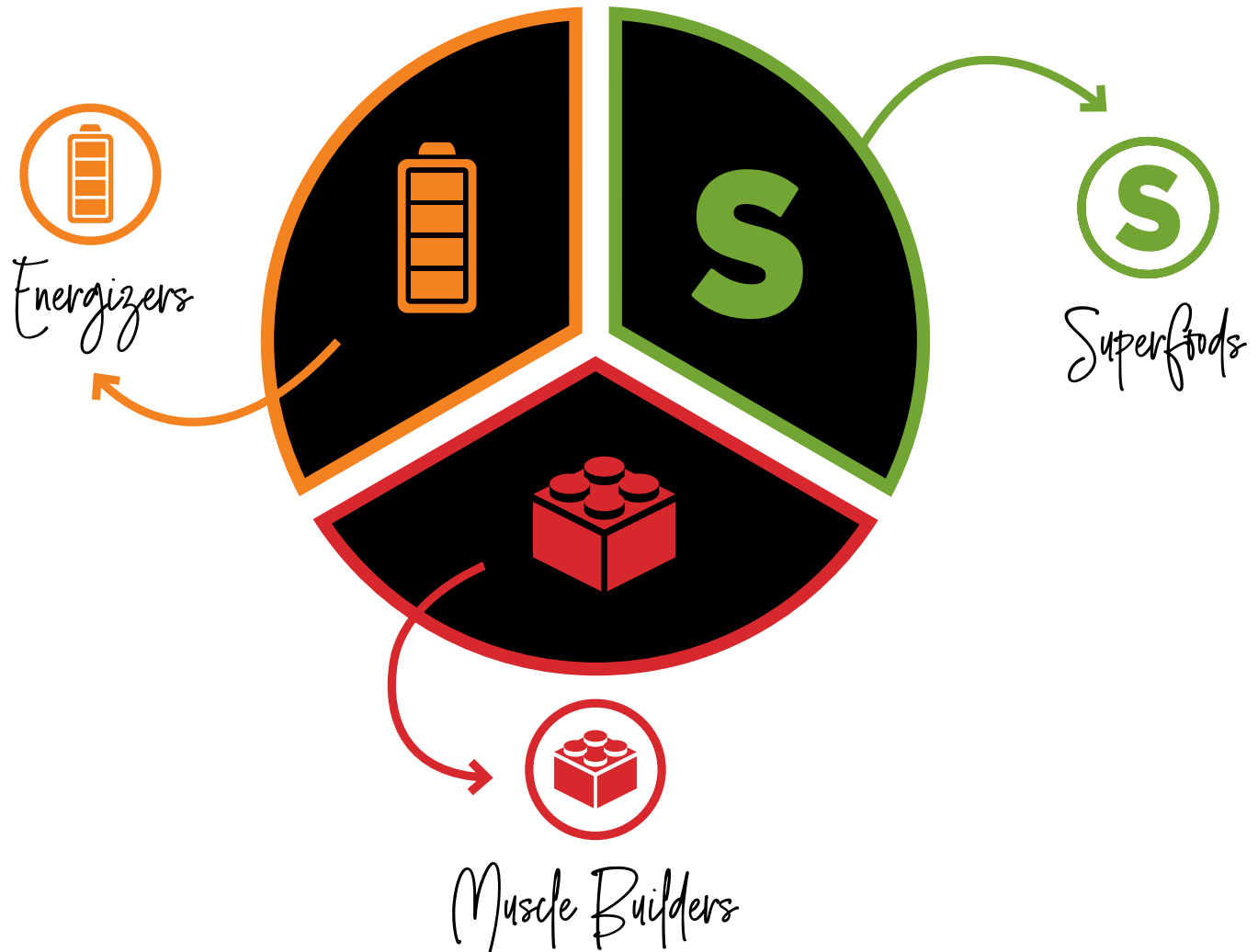


Animal Muscle Builders

Plant Muscle Builders

Use the ET4P foods list every day to make performance meals.

A performance meal is a meal that has all 3 of the core superpowers a Champion needs:



Give your snacks powerful purpose.



Snacks that **energize you** include Energizers.



Snacks that **boost your superpowers** include Superfoods.



Snacks that **build muscle** include Muscle Builders.



Beware Of The Gobblers



The horribly creepy crawly Gobblers. The Gobblers lurk in the shadows influencing your every move without you knowing it.

The Gobblers are famous for causing you to go on autopilot and eat food that you never intended to eat!

To win against the Gobblers, you need to know what foods you want to eat and eat those foods to gain the powers to defeat this enemy. Simply eat from the ET4P foods list 90% of the time. These foods will give you energy, build your immune system, improve your reaction time, and build up your strength.

CHALLENGE #1

Use skill 1 to eat on target for 1 day.

TAKE ACTION

Use the target and take on target practice.

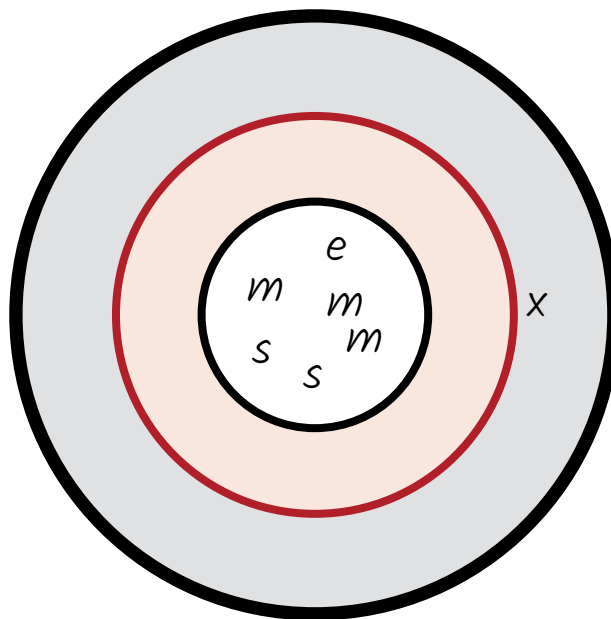
Instructions:

Every time that you eat or drink something, put a mark on the target.

For each food from the ET4P foods list that you eat, you can make a mark inside the center of the target (score!). Mark an E for Energizers, an S for Superfoods and an M for Muscle Builders. For each food you eat that is NOT on the ET4P foods list, mark an X outside of the target.

Aim to have 90% of your food choices on target!

Example:

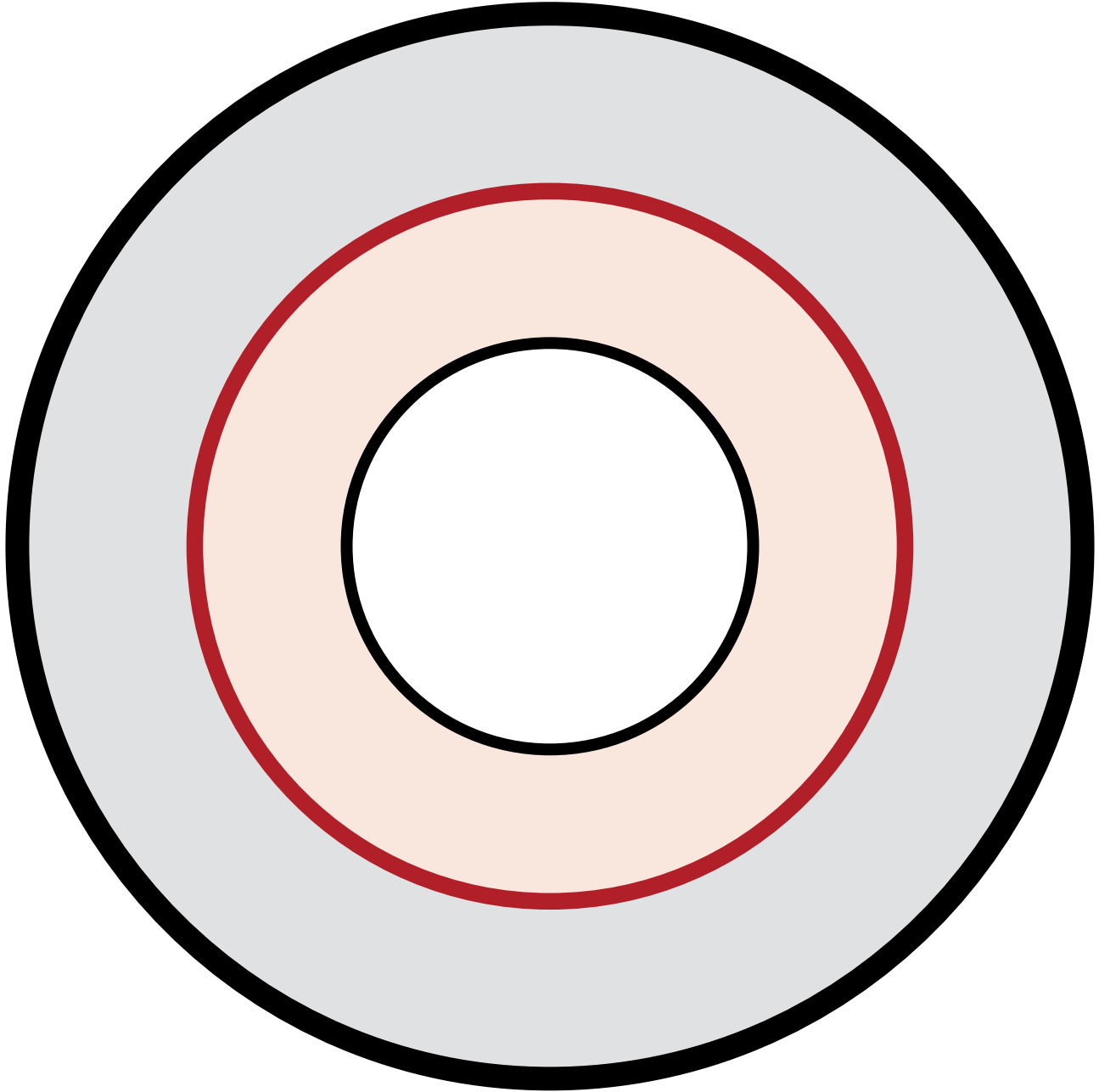


For a food not on your food list, you decide how far off target you are.

Now it's your turn...



ET4P TARGET PRACTICE



**TAKE
ACTION**

Share your #Challenge1 for the win.



SKILL #1

RECAP

WHAT I'VE LEARNED

- ☐ Pick powerful foods to eat
- ☐ Eat powerful foods 90% of the time

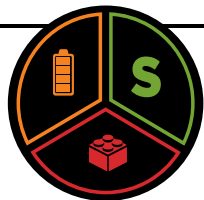
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**EAT ON
TIME**



The 4 key moments to eat around training or competition

KEY MOMENT #1

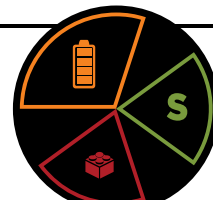


3-4 hours before training or competition



OPTION 1

Eat a meal that looks like the Performance Plate (page 18)



OPTION 2

Eat a meal that looks like the Light Performance Plate & eat at key moment #2

KEY MOMENT #2

(optional moment if a full performance plate was eaten at key moment #1)



1-2 hours before training or competition

Eat a meal high in Energizers and low in Muscle Builders and Superfoods. Blend for speedy digestion.



KEY MOMENT #3

(optional moment if enough energy is in the muscles from key moment #1 and #2 to last the entire training or competition)



In-Play: 30 minutes before and during training and competition, drink sports drinks or eat sports gels and blends.



KEY MOMENT #4



After training or competition



OPTION 1

Eat a snack with Muscle Builders and energizers



OPTION 2

Eat a meal that looks like the Performance Plate

Use the ET4P food list and the 4P-approved recipes to plan 3 performance choices for each of the 4 key moments (page 10).



KEY MOMENT #1 3-4 hours before training or competition



☐ 1st choice:

☐ 2nd choice:

☐ 3rd choice:

KEY MOMENT #2 1-2 hours before training or competition



☐ 1st choice:

☐ 2nd choice:

☐ 3rd choice:

KEY MOMENT #3 In-play



☐ 1st choice:

☐ 2nd choice:

☐ 3rd choice:

KEY MOMENT #4 After training or competition



☐ 1st choice:

☐ 2nd choice:

☐ 3rd choice:

You can refer to this list before, during and after training or competition!

Your Situation Rooms

Situation 1: Early Morning Trainings or Competitions

Strategies:

- Get up in time to have a meal, follow key moment #1
- Get up and have a snack, follow key moment #2 or #3
- Eat a meal before going to bed and train on an empty stomach



Tip: Make up for missing food powers after your training or competition.

TAKE ACTION

My early morning strategy

Situation 2: The Restaurant

Strategies:

- Find all three components of a performance meal using the ET4P foods list
- Request sauces and spices on the side
- Take home or leave food when too much is served



Tip: Pre-select a performance meal you could get at your favourite restaurant

TAKE ACTION

My restaurant strategy

Your Situation Rooms – continued

Situation 3: Afternoon Training or Competition

Strategies:

- Eat a performance meal at lunch
- Top up energy levels by eating an energizer snack
- Eat small snacks throughout the afternoon



Tip: Pack an energizing snack in your school or work bag for an emergency top up.

TAKE ACTION

My afternoon training or competition strategy

Situation 4: Training or Competition Overtop of Suppertime

Strategies:

- Have two mini-meals, one before and one after, keeping the energizer amounts high in the first mini-meal
- Have energizer snacks and in-play snacks before and then have supper after



Tip: Even if you eat light, still aim to have family time around the supper table.

TAKE ACTION

My training or competition overtop of suppertime strategy

SKILL 2

Use the 4 key moments and your ET4P foods list to create a strategy for every difficult situation in your life. No matter the situation, there is always a way to eat for performance!

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Need more recipe ideas for the 4 key moments? You will uncover them all when you unlock the Vault.



It's important to eat powerful foods, however, sometimes the powers can come at the wrong time. These foods may take longer to digest...

MASTER EATING ON TIME:

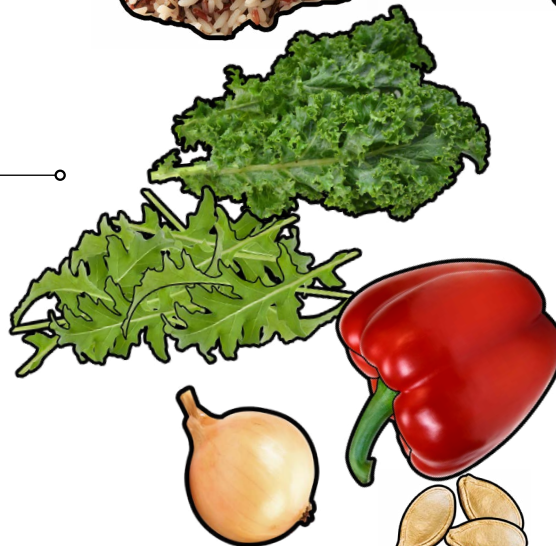
Whole grains

Brown rice,
whole grain pasta



Salads

Leafy greens, peppers,
onions



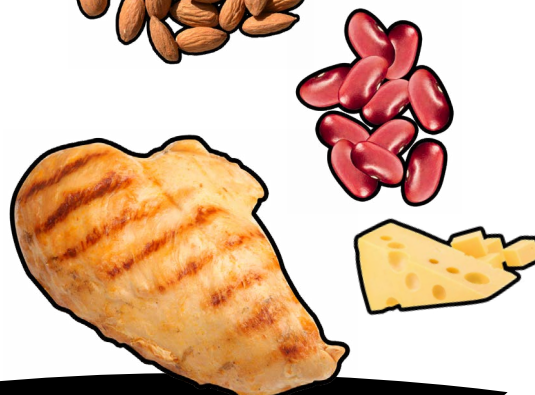
Nuts and seeds

Almonds, pumpkin
seeds



Muscle Builders

Chicken,
beans, cheese





Beware Of The Gatekeeping Warden



The Warden is the gatekeeper to the Kingdom. The Warden has been known to stand in the way of all who aim to eat for performance. The Warden makes it impossible for you to eat the right performance foods at the right time.

Now it is your time to get your keys and defeat The Warden!



CHALLENGE #2

Prove your skill #2. Map out a training day using your usual schedule.

SKILL 2

We want to see you include...

- ☒ A Performance Meal
- ☒ An Energizer Snack
- ☒ An In-play Snack
- ☒ A Recovery Snack
- ☒ Whole Grains
- ☒ Salad
- ☒ Nuts or Seeds
- ☒ Muscle Builders

Example:

DAY 1

WAKE UP

Eat energizer snack

7am-9am: Hard training

Eat In-play snack

9:30 am: Eat performance meal (include a whole grain, muscle builder and nuts/seeds)

*12pm: Lunch
(includes salad)*

6pm: Supper

8-9pm: Yoga

9pm: Recovery snack

BEDTIME

TAKE
ACTION


**Share your
#Challenge2
for the win.**





Now it's your turn...

We want to see you include...

☐ A Performance Meal 

☐ An Energizer Snack 


☐ An In-play Snack 

☐ A Recovery Snack 

☐ Whole Grains 

☐ Salad 

☐ Nuts or Seeds 

☐ Muscle Builders 

DAY 1

WAKE UP

BEDTIME

SKILL #2

RECAP

WHAT I'VE LEARNED

- ☐ **Adjust amount and type of food eaten at 4 key moments to eat around training and competition**
 - ☐ 3-4 hours before = performance meal
 - ☐ 1-2 hours before = energizing snack
 - ☐ In-play = in-play energizer snack
 - ☐ After = Energizer and Muscle Builder
- ☐ **Slow digesting Superfoods and Muscle Builders can hurt performance if eaten too close to training and competition**
- ☐ **Energizing your movement with Energizers can be done at all 4 key moments**





**EAT
LIKE A
CHAMPION**




Stop restricting and dieting.

Restricting many foods from your diet is one of the signs that you are not eating for performance.

SKILL 3

Foods I do not eat	Reasons I do not eat that food	Powers that I am missing out on

 **Tip:** If you have a food allergy or intolerance, learn how to navigate your built-in restriction in a powerful way!

Notes about diets

What about supplements?

When you eat like a Champion every day for many days and tweak your meals until you are close to mastering eating like a Champion, then a boosted performance might be just what you are looking for - the cherry on your cake.

Many supplements do not do anything for your performance. However, some have been proven to support performance if you take the right ones in the right amounts and at the right time.

Supplements that I take	Amounts/Time that I take them:	Reason why I take them:	Effect they have:

Need more recipe ideas for the 4 key moments? You will uncover them all when you unlock the Vault.



5 NON-NEGOTIABLES



As an ET4P Champion, live by 5 non-negotiable habits that allow you to perform at a level above the competition.

1



Hydrate every 2 hours

2



Energize 3+ times per day, spreading out amounts throughout the day

3



Muscle Build 4+ times per day, using muscle builders in larger amounts following heavy training sessions

4



Eat Superfoods 3+ times per day, with a mix of super-vegetables and super-fats to power up

5



Eat on Time minding the 4 key moments to eat around training or competition



Beware The Evil Wizards Of Restriction



The so-called gurus who trick you into believing their version of performance eating is better for you. They often tell you a food is “bad” for you. Be very careful! The Evil Wizards use science jargon to trip you up, but trust us, they probably do not know the science and their advice can be very destructive!





Beware The Knights Of Dark Influence



The people who entice you to eat or drink something that will end up hurting your performance. The tricky thing is that these people often end up being our closest friends, family members and even trusted coaches. Their influence on what you eat may be great, but if they are out of line with the proven science then they do not hold your ticket to great results.

You can defeat the Evil Wizards and the Dark Knights by remaining firm and committing to eat like a Champion!

CHALLENGE #3

MAP OUT YOUR WEEK FOR THE WIN!

Prove your skill #3!

Place the grocery list of Energizers, Superfoods and Muscle Builders that you are given into a 3-day plan. See how easy it is to Eat Like a Champion!

GROCERY LIST

SKILL 3

Energizer grains & starches

- ☐ *Corn*
- ☐ *Brown rice*
- ☐ *Pita/tortilla*
- ☐ *Whole wheat pasta*
- ☐ *Oat flakes*
- ☐ *Whole wheat bread*
- ☐ *Potatoes*

Muscle Builders

- ☐ *Turkey*
- ☐ *Lean beef*
- ☐ *Salmon*
- ☐ *Eggs*
- ☐ *Tofu*
- ☐ *Cottage cheese*
- ☐ *Black beans*




Superfood vegetables

- ☐ *Carrots*
- ☐ *Red peppers*
- ☐ *Zucchini*
- ☐ *Squash*
- ☐ *Mushrooms*
- ☐ *Green beans*
- ☐ *Spinach*

Superfood fruits & fats










- ☐ *Apples*
- ☐ *Blueberries*
- ☐ *Grapes*
- ☐ *Almonds*
- ☐ *Chia seeds*
- ☐ *Pecans*
- ☐ *Walnuts*

Example:

DAY 1	Energizers	Superfoods	Muscle Builders	Hydration
WAKE UP 6:15am: eat 7-9am: hard training 9:30am: eat	apple oat flakes	almonds	eggs	  

Now it's your turn... Day 1



DAY 1	Energizers	Superfoods	Muscle Builders	Hydration
WAKE UP _____ _____ _____ _____ _____	1	1	1	  
_____ _____ _____ _____ _____	2	2	2	  
_____ _____ _____ _____ _____	3	3	3	  
BEDTIME			4	

CHALLENGE #3

Continued

Day 2

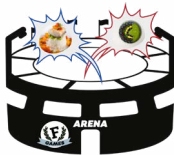
SKILL 3	DAY 2	Energizers	Superfoods	Muscle Builders	Hydration
	WAKE UP <div></div>	1	1	1	<div></div> <div></div> <div></div>
	<div></div>	2	2	2	<div></div> <div></div> <div></div>
	<div></div> <div></div>	3	3	3	<div></div> <div></div> <div></div>
	BEDTIME			4	<div></div> <div></div> <div></div>

Day 3

DAY 3	Energizers	Superfoods	Muscle Builders	Hydration
WAKE UP <div><div></div><div></div><div></div><div></div><div></div></div>	1	1	1	<div><div></div><div></div><div></div></div>
<div><div></div><div></div><div></div><div></div><div></div></div>	2	2	2	<div><div></div><div></div><div></div></div>
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Share your #Challenge3 for the win.



SKILL #3 RECAP

WHAT I'VE LEARNED

- ☐ **Make eating like a champion non-negotiable**
 - ☐ Hydrate every 2 hours
 - ☐ Eat Energizers 3+ times per day
 - ☐ Eat Muscle Builders 4+ times per day
 - ☐ Eat Superfoods 3+ times per day
 - ☐ Eat on time, paying attention to the 4 key moments to eat around training or competition
- ☐ **Avoid restricting your diet**
- ☐ **Hydrate first, eat 4P second, supplement third, win 4ever!**







BE A SUCCESS STORY



Skill 4 is a foundation skill that should be practiced every 6 weeks.

Writing out the stories in your life as if they are success stories that already happened is a powerful skill!

A success story invites extraordinary results.

You can learn our 'Be a Success Story skill' using nutrition in 5 steps.

Steps 1 and 2 focus on areas that you will work on to be a great success.

Steps 3, 4 and 5 wrap up your nutrition quest and spell out how you can use nutrition to create a successful result.

TAKE ACTION

Step 1 – Name Your Biggest Dream

Write out who you are and a big dream you have for your near or distant future.

Examples:

*I am competitor **Jane** the **speedy swimmer** and my big dream is **to compete in the Olympics one day**.*

*I am competitor **Chris** the **super dad** and my big dream is **to watch my talented child play for their dream team**.*

*I am competitor **Sam** the **fired up tennis coach** and my big dream is **to coach my star player to the top 10**.*

*I am competitor **Dave** the **hard nosed real estate agent** and my big dream is **to be the #1 agent in my company**.*

Now it's your turn:

I am competitor _____

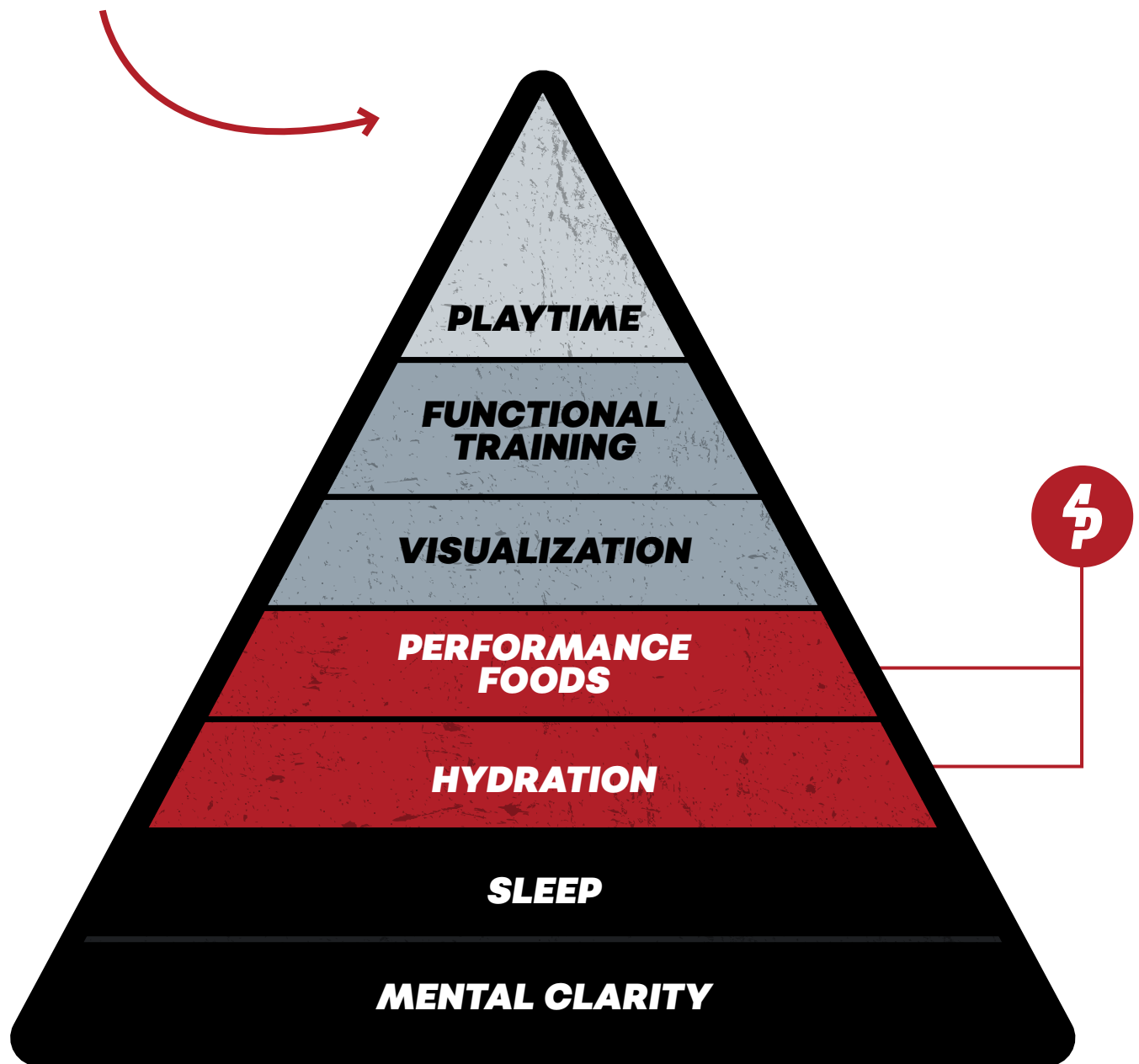
the _____

and my big dream/goal is _____

The peak performance pyramid

All great heroes have had to take action to achieve their extraordinary results.

You can take action now in 7 areas to achieve success:



7 WAYS YOU CAN PEAK IN...

Playtime

- Play a complementary sport each week to improve reaction time
- Smile during at least 1 drill at practice to bring joy to your time
- Play a board game or a mind game with a friend

Functional Training

- Follow your training program 100%
- Stretch and do release exercises before bed every night
- Practice a sports specific skill every week

Visualization

- Create a collage of what life will look like when you reach your big goals
- Take 5 minutes before every practice to imagine yourself playing well
- Take a second when you are waiting your turn for a drill to imagine yourself executing perfectly

Performance foods

- Eat performance foods 90% of the time (every 9 out of 10 foods)
- Eat a performance breakfast every day
- Eat a performance meal or a mini version of it before practices

Hydration

- Drink 2 cups of water first thing in the morning
- Bring portable water bottles with you all day
- Do a drink journal (record how much you drink)

Sleep

- Stop all screen-time within 1 hour of bed
- Get a full night sleep
- Do relaxation exercises like a meditation or gentle stretching before bed

Mental clarity

- Sit still for 5 minutes every day when you wake up and listen to your breaths
- Take 1 minute before breakfast to listen to your thoughts and feelings before starting to eat
- Close your eyes for 10 minutes before every practice, clear your mind and relax
- Walk at a good pace or run for 20 minutes 3 times per week without music or entertainment and simply listen to your thoughts

Playtime

Playtime is where you play of course. Playtime allows you to use your creativity, and develop so much more! This could be sports games, board games, friendly competitions, you name it!

- Which actions are you already taking?
- What results are you getting?
- What can you do differently to get better results?

Functional Training

Functional training helps prevent injury and trains your body to be ready for a top performance.

- Which actions are you already taking?
- What results are you getting?
- What can you do differently to get better results?

Visualization

Train your brain to see your best version of yourself. See yourself executing all your future goals and successes.

- Which actions are you already taking?
- What results are you getting?
- What can you do differently to get better results?

Performance foods and Hydration

Eating for performance can be accomplished by sticking to the 5 non-negotiables of what to eat to peak.

- Which actions are you already taking?
- What results are you getting?
- What can you do differently to get better results?

Sleep

A good night's sleep is very impactful for your performance. Set in place impactful pre-sleep routines that allow you to get a full rest/recovery.

- Which actions are you already taking?
- What results are you getting?
- What can you do differently to get better results?

Mental Clarity

When you set aside space and time to evaluate where you are at, you will lay a solid foundation for your mind to grow from where you are at to new heights. In order to create mental clarity you may need to pause and listen to your thoughts. You might be surprised by what you are thinking.

- Which actions are you already taking?
- What results are you getting?
- What can you do differently to get better results?

Performance foods and Hydration

Great actions to Eat for Performance and Hydrate will produce these results:

- ☐ Energy levels on max
 - ☐ Digestion perfection
 - ☐ Physique to compete
 - ☐ Laser-like focus
 - ☐ Regular joyfulness

If you are not experiencing these high performance results, you need to do something different with your nutrition habits!

SKILL 4



Step 2 – Name the Areas You Will Work on to Peak Your Performance

I will work on...

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**DO
SOMETHING
DIFFERENT**



Define what you are going to do differently to step up your game and eat like a Champion. You will find it helpful to focus on 4 types of actions you can take, our 4 P's of performance eating.

- ☐ **Plan** performance meals and snacks
- ☐ **Pick** performance foods available to you

- ☐ **Prepare** performance food
- ☐ **Polish off** performance food

Examples of 4Ps

Plan performance meals and snacks

- I visualize drinking water every 2 hours
- I write down the times I would like to drink water
- I share my hydration plan with my coach

Prepare performance food

- I cut up fruit and vegetable snacks
- I freeze smoothie cubes
- I make performance recipes (www.et4p.com/recipes)

Pick performance foods available to you

- I choose groceries for performance
- I choose a restaurant meal for performance
- I choose packaged snacks for performance

Polish off performance food

- I openly try all new foods
- I chew food well
- I eat meals corresponding to my needs (e.g. breakfast)

TAKE ACTION

Step 3 – Name the Actions You Need to Take to Eat 4P

Choose 1 - 3 actions you can take to eat 4P in the next 6 weeks.
Taking Performance Eating Action Looks Like:

1. _____
2. _____
3. _____

4Ps



- 1. Plan
- 2. Pick
- 3. Prepare
- 4. Polish off

Who or what could block your success?

Remember, **fun foods are not your enemy!**

Who really could be the enemy to your success?

- Self-sabotage
- Having no performance food options available
- Bad influencers in your circle
- Misleading nutrition guides that you are tempted to follow

TAKE ACTION

Step 4 – Name Your #1 Performance Nutrition Enemy

Here at **ET4P**, we give the enemies fun names. You have already met them on your quest. Now you can have some fun defeating them in your story!



Gobblers attack: I zombied and ate the same thing I always do.



Gatekeeping Wardens attack: I don't have any performance eating options at this restaurant.



Evil Wizards of Restriction attack: The "Carbs are Toxic Guru" convinces me to stop eating carbs.



Knights of Dark Influence attack: I took a caffeine supplement because Alex said it gives you energy.

Be an Immediate Success

The last step to Be a Success Story is to choose 1 immediate success you desire in the next 6 weeks. Go big here, don't be shy.

Imagine the FEELING of hitting a big goal within 6 weeks of writing it down.



Step 5 – Name your first great success.

[illegible]

CHALLENGE #4

How to put your success story together to master skill 4.

Start describing who you are and your big dreams **[step 1]**, then describe what you need to do to get what you want **[step 2]**.

Great stories have a climactic scene and your story should be no different!

Create a climactic moment by describing how your performance eating action(s) **[step 3]** will vanquish the enemies of your success **[step 4]**.

Finally end this chapter of your story with you realizing your big result in 6 weeks **[step 5]**.

Now prove that you have skill #4! Write out your story as if it has already happened.

_____, Chapter 1
(Your Name)

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If you need inspiration, go to www.et4p.com/success-story to create your story online!

Continue... (To see examples, go to page 74)



SKILL #4 RECAP

WHAT I'VE LEARNED

- ☐ **Identify a big goal or dream**
- ☐ **Commit to do something different to perform**
- ☐ **Select the actions you will take to eat 4P:**
 - ☐ Plan 4P
 - ☐ Pick 4P
 - ☐ Prepare 4P
 - ☐ Polish off 4P
- ☐ **Name the enemy of your success**

(Remember Fun foods are NOT the enemy!)
- ☐ **Create a Success Story**



Check off your skills

- ☐ **SKILL 1 Eat Powerful Food**
- ☐ **SKILL 2 Eat on Time**
- ☐ **SKILL 3 Eat Like a Champion**
- ☐ **SKILL 4 Be a Success Story**

eatthis
for performance



I _____
(name)

have completed my quest !

(date)



I DID IT!



**NOW GO
CELEBRATE!**



How do you celebrate?

Celebratory foods: like an ice cream cone

Celebratory activities: like going to a restaurant

Celebratory crew: like your sports team



**WHERE
DO I GO
FROM
HERE?**

Now that you have
completed your
first Quest with us
you are ready to
move onto your
NEXT adventure...

LEVEL 2

LEVEL 2 is where you will really step into the Champion's role and this is why we call Level 2 the **Champion's House**.

Most competitors dedicate months and months to training in the Champion's House and these athletes see the greatest results.



You will be given a 24 week action planner to activate your Super Self and unleash your greatest potential.

    @eatthisforperformance

Enjoyed your quest?

Share your success story on social media and tag **@eatthisforperformance!**

As part of the reward for making it to Level 2 you will unlock your first Vault, the Performance Kitchen Vault. Here you will find many recipes and tools to help you find your best performance meals and you will be inspired to activate the 4P's.



We are ecstatic you have made it to the next level, join us in celebrating your success in the arena!



www.et4p.com

THE 4P SPORTS NUTRITION SCHOOL – LEVEL 1 PLAYBOOK

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