

Eating for Peak Performance — Copy Masters for Coaches

Please copy the following as needed

name

size

The Basics

17x11", fold to 8.5x11",
four sides total

Fluid Facts

8.5x11", two sides

Fuel for Training and Competition

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Sports Drinks, Gels and Bars

8.5x11", two sides

Weight Management

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Resources

8.5x11", one side

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Western Dairy Council would like to thank the following people who have provided guidance, information and critical review for Eating for Peak Performance:

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