

# Diet of athletes

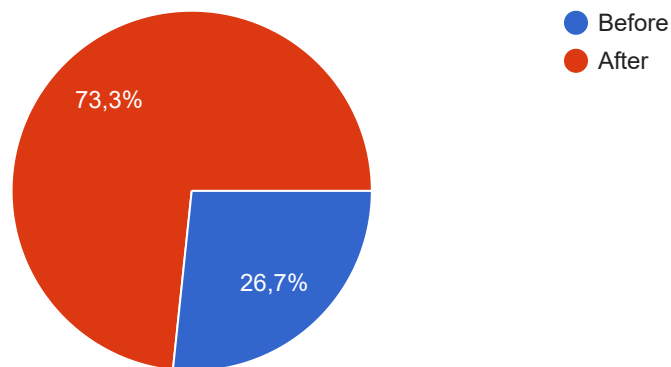
15 odpovedí

[Publikovať analytiku](#)

Do you eat before or after your training?

 [Kopírovať](#)

15 odpovedí



What do you eat before your training?

15 odpovedí

fruits

normal food

Meals

A banana

vegetables

Banana

normal food

jogurt

Sweets



## What do you eat after your training?

15 odpovědí

-

meat, proteins

Mert, Rice, Vegetables,

normal meal

Proteins, Carbohydrates

vegetables and fruits

cereálie

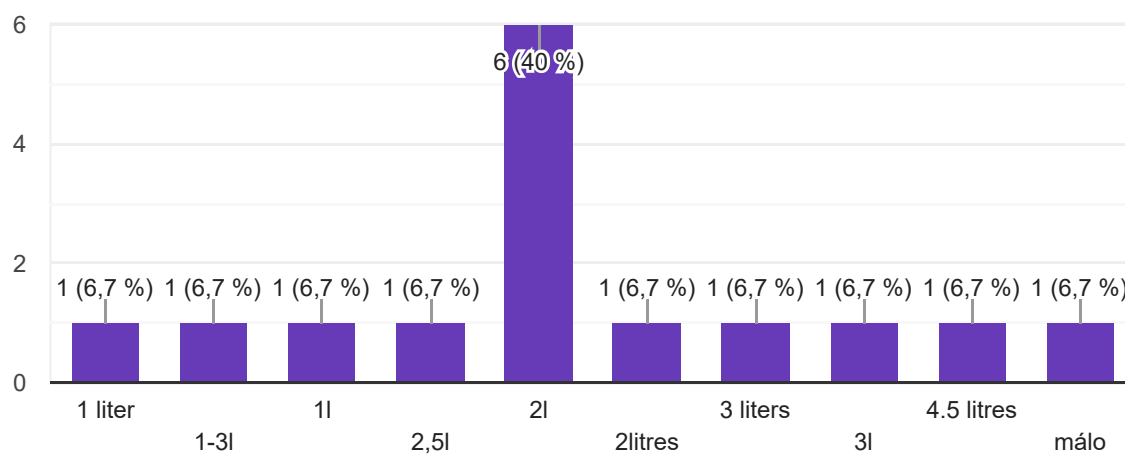
Everything

normal food

## How much water do you drink daily?

 Kopírovat

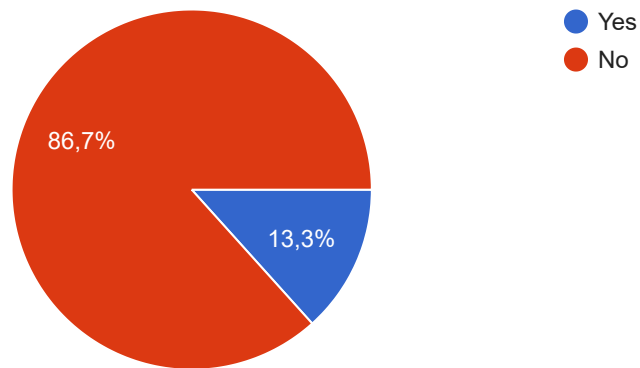
15 odpovědí



## Do you track your calories?

 Kopírovat

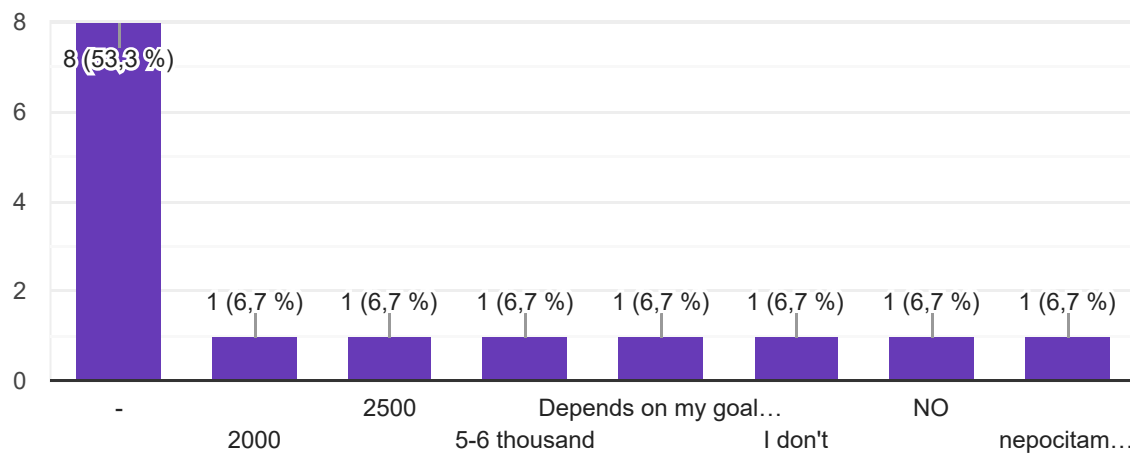
15 odpovědí



## If yes, how many calories you eat per day?

 Kopírovat

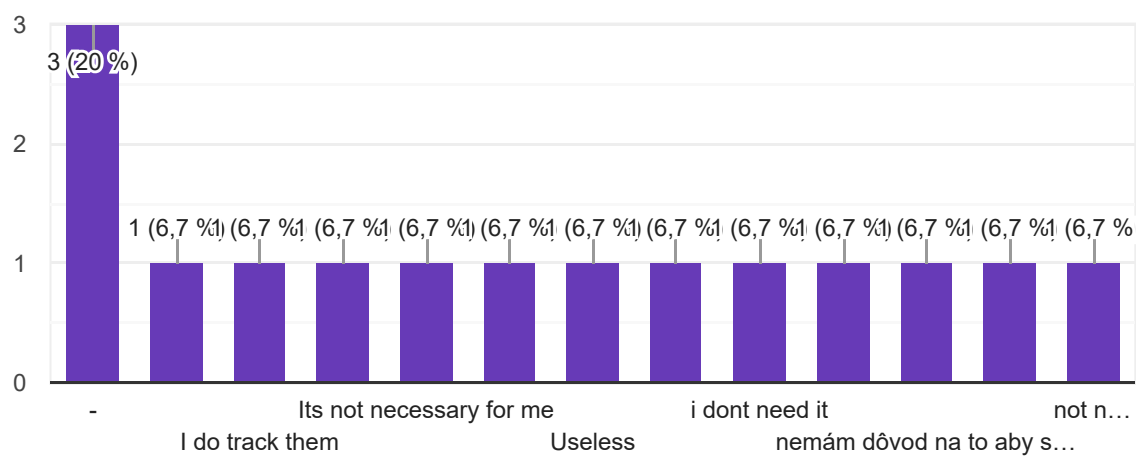
15 odpovědí



## If no, why?

 Kopírovat

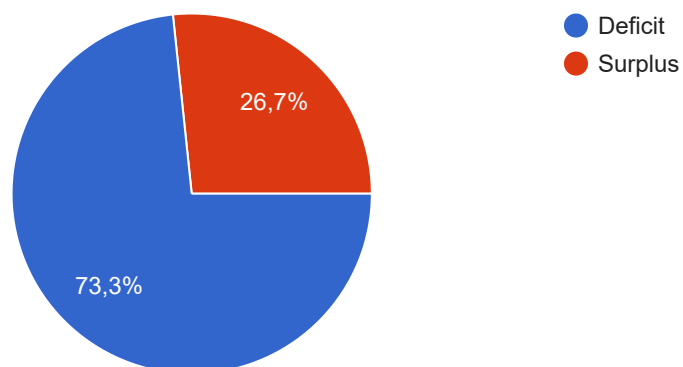
15 odpovědí



Are you in caloric deficit or surplus?

 Kopírovat

15 odpovedí



How many fats, carbs and protein do you have in your diet?

15 odpovedí

-

don't know

many

I don't know

400g protein, 150g of fats, 350g carbs,

50%carbs 30%protein 20%fats

neviem nemam

Much

5

Is it better to consume more meals per day, or less large meals?

 Kopírovat

15 odpovedí



How often do you have cheat days or you do not have?

15 odpovedí

i have cheat days always

11

once a week

1

twice a week

I do not have

don't have

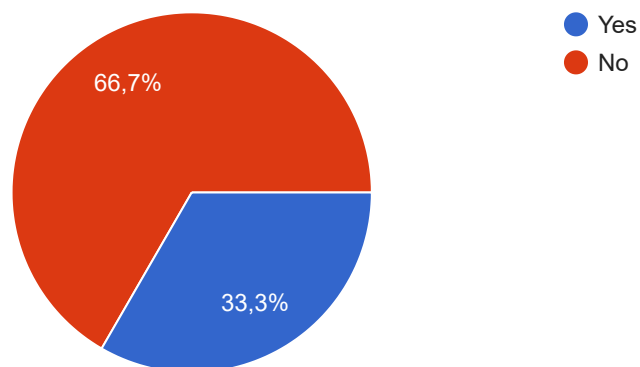
každý deň

Everyday

Do you consume any supplements?

 [Kopírovať](#)

15 odpovedí



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Google Formuláre

