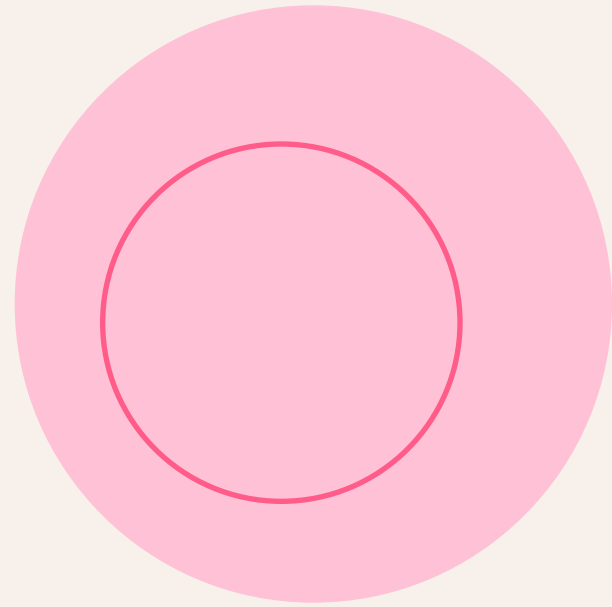


# DANCER FOOD + NUTRITION CHECKLIST



A simple, low-stress plan for familiar food, hydration, and packed snacks on busy dance days.

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## PRINT. PACK. BREATHE.

Plan ahead so the next call time feels a little more organized.

DANCE MOM. EVERYTHING. ORGANIZED.

Free printable

## Dancer Food + Nutrition Checklist

# Competition-day food + hydration plan

Use this as a flexible reminder list. Choose familiar options that work for your dancer and your family.

## Before you leave

- ☐ Pack a familiar breakfast or first-meal option for an early call time.
- ☐ Fill a water bottle and pack a backup drink if the day is long.
- ☐ Add easy-to-hold snacks for travel, waiting rooms, and backstage.
- ☐ Review allergies, food preferences, and venue rules before packing.

## Before warm-up

- ☐ Check in on time: is there a calm moment for a familiar bite or sip?
- ☐ Keep food choices simple and easy to manage around hair, makeup, and costumes.
- ☐ Bring water to the warm-up area when venue rules allow.

## Between routines

- ☐ Keep a small snack and water nearby for scheduled breaks.
- ☐ Use the schedule to notice the next chance to eat or drink.
- ☐ Avoid trying a brand-new food on a competition day.

## After the final dance

- ☐ Plan a meal or snack for the ride home or the next stop.
- ☐ Refill the water bottle before leaving the venue.
- ☐ Make a quick note about what was easy to pack for next time.

### A gentle timing reminder

There is no one right schedule. Think ahead about the calm pockets in your day: before the drive, before warm-up, between routines, and after the final dance.

TODAY'S CALL TIME, BREAK WINDOWS, AND MEAL PLAN

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## Portable ideas to consider

- ## Pack it so it is easy

- Circle, highlight, or write in the foods your dancer already knows and enjoys. A competition day is for routines—not surprise snacks.

## VENUE NOTES, PACKING REMINDERS, AND BACKUP PLAN





# Recovery + refuel notes

A few end-of-day prompts to help the next competition weekend feel more prepared.

## After the day

- ☐ Offer water and a familiar meal or snack when the schedule allows.
- ☐ Pack away any unused items that will be helpful next weekend.
- ☐ Notice what was convenient, easy to eat, and easy to carry.
- ☐ Replace anything that ran out before the next event.

### WHAT WORKED WELL TODAY?

### WHAT SHOULD WE PACK DIFFERENTLY NEXT TIME?

### ALLERGIES, FOOD PREFERENCES, AND FAMILY NOTES

#### Friendly disclaimer

This printable offers general planning ideas only and is not medical or individualized nutrition advice. For questions about your dancer's individual needs, consult a qualified healthcare professional.



