

Pre-exercise Eating Schedule

Time of exercise or event	When you should eat before...	How much you should eat before... (calories)
6:00 am	5:30 am	75 – 150
8:00 am	6:30 am	100 – 400
9:00 am	7:00 am	400 – 800
10:00 am	7:00 am	800 – 1200
12:00 pm	8:00 am	800 – 1200
	10:00 am	100 – 300
1:00 pm	8:00 am	800 – 1200
	11:00 am	100 – 300
3:00 pm	9:00 am	800 – 1200
	12:00 pm	600 – 800
7:00 pm	9:00 am	800 – 1200
	1:00 pm	800 – 1200
	4:00 pm	400 – 800