OFF SEASON CHECKLIST FOR ATHLETES



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A NOTE FROM YOUR ELITE SPORTS DIETITIANS



Hi, we're so happy you're here!

Just out of curiosity, what did your eating look like the weeks after your last game of this season? A common error we see in some athletes, is that when the season ends, their nutrition takes a vacation too. The good news is that if you're reading this, you're already ahead of them.

Here's what most people don't realize: **the off-season is the only time all year you get to build your body for next season without the pressure.** There are no long practices, no game schedule, and no juggling 100 things at once. It's just you and the work. Just imagine walking into preseason feeling more confident on your body composition, stronger, and with fueling habits that are already second nature, while everyone else is scrambling to catch up.

What happens if you wait and don't work on it now? You'll be trying to fix your body composition, your meal schedule, and your energy in the middle of a season that doesn't slow down for anyone. And from our own experience helping 400+ pro and collegiate athletes, I can tell you - it's really hard to catch up during this time.

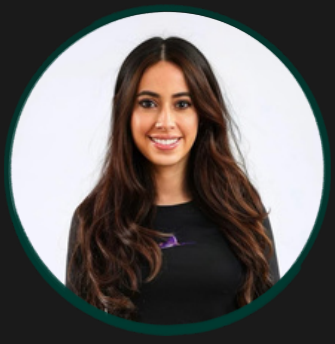
That's why we put this guide together. Inside, you'll find the steps you need to take during this time to support your physical development. We recommend going through it in order, then choosing what matters most for your off-season goals.

Next season starts now. Let's get to work,
-Tatiana Vélez, MS RD CSSD, LND and Rocío Rivera, MS, RD, LND, Sports Dietitians

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WHO WE ARE



Tatiana Vélez, MS, RD, CSSD is a Board Certified Sports Dietitian and also Registered Dietitian Licensed in Florida and Puerto Rico. Formerly with the MLB Tampa Bay Rays where she served as a performance dietitian for over 400+ pro baseball athletes. She has also worked with Puerto Rico's Olympic and Paralympic combat athletes in Judo and Taekwondo, with extensive experience in professional boxing and other weight-class sports. She has a Master's in Human Nutrition from Drexel University where she worked alongside NCAA D1 teams, MLS Philadelpia Union and NHL Philadelphia Flyers. She has been featured in multiple media outlets for her expertise in Sports Nutrition such as Telemundo Deportes, GQ, Health, Fit + Well Magazine, Yahoo and more.



Rocío Rivera, MS, RD, LND is a registered dietitian from Puerto Rico specializing in sports nutrition. She has worked with athletes from Puerto Rico national teams, youth and female athletes, MLB players, and the JJ Barea Foundation. She also has extensive experience with endurance sports, including running, cycling, and triathlon. She holds a Master's in Nutrition in Physical Activity and Sport from UCAM Murcia, Spain, a Bachelor's in Nutrition and Dietetics from the University of Puerto Rico, and a certificate in Advanced Sports Nutrition from Barça Innovation Hub. As a former athlete, she is passionate about helping athletes build a positive, sustainable relationship with food and exercise, developing habits that support both performance and health. She has been featured in Telemundo Deportes and El Nuevo Día.

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OFF-SEASON CHECKLIST

- [ ] Set your top 3 goals for this off-season.
- [ ] Write 2 items for each on HOW to achieve them.
- [ ] Are any related to your physical development or performance? If so, keep going...
- [ ] Schedule a body composition test (if you don't have one since the season ended) - Bodpod, DXA or Inbody's are options.
- [ ] Get an order from your doctor to schedule your biannual health and performance labs. We usually recommend CBC, CMP, Vit D, Ferritin, Urinalysis, Ferritin, Testosterone, and TSH/T3/T4.
- [ ] Write down everything you ate and drank the past 24 hours, what can improve?
- [ ] Set an ideal meal schedule for yourself with time stamps.
- [ ] How are you going to achieve this? Write down a grocery list and some meal ideas.
- [ ] If you are stuck in this step, you probably need help from a sports dietitian, schedule a free consult with us here.

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