

Respecting and taking care of yourself as a team responsibility

Activity sheet

Fill in your name:

It's important for players to think about what they eat so that they take good care of their body. Think about the food that you have eaten over the last three days and write it down in the 'Healthy' or 'Unhealthy' columns. Try to be as honest as you can.

Healthy	Unhealthy

Compare your lists with your partner and talk about how you could each improve your diet to improve your fitness.

Why is health and fitness important, not just for you but also for the team?

Discuss your answer with your partner.