

What is a Playsheet?

A playsheet is your quick, strategic game plan to level up your academic skills. It helps you reflect, apply, and take action on what you've learned — just like a pro gamer prepares for their next match.

ARI Playsheet #11: Healthy Gamers – Eat Well, Play Well, Study Well

Key Moves (Summary)

- Good nutrition fuels your brain and body for better gaming and studying.
- Balanced meals with protein, carbs, and healthy fats improve focus and energy.
- Stay hydrated—dehydration can cause tiredness and poor concentration.
- Avoid too much caffeine or sugar, which can lead to crashes.
- Take regular breaks to stretch and move around to stay alert.
- Sleep is essential for memory, mood, and performance.

Player Insight (Reflection Prompt)


What are your current habits around eating, drinking, and breaks? Could they be improved?

Power-Up Action (Practical Task)

Plan a healthy snack or meal to have during your next study or gaming session.

XP Log (Write Something Down)

This week, I will...

Have fun learning! 

JZee.Online