

Athlete Nutrition & Hydration Feedback Form

Personal Information

Name

Email

Sport

Age

Nutrition Habits

How many meals do you eat per day?

What types of food do you usually consume?

Do you use any supplements? If yes, please specify.

Hydration Habits

Estimated daily water intake (liters)

Describe your hydration strategy before, during, and after training/competition.

Self-Assessment

How satisfied are you with your current nutrition?

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

How satisfied are you with your current hydration habits?

☐ 1

☐ 2

C3

C4

C5

Additional Comments

Any other comments or concerns?