

# Female Athlete Wellness: Season Evaluation

Name

Sport/Team

Coach

Season Dates

## General Wellness

How would you rate your overall wellness this season?

Describe any physical or mental health challenges you experienced:

## Training & Performance

What training methods worked best for you?

Did you experience any injuries? If yes, explain:

How confident did you feel in your performance?

## Menstrual & Hormonal Health

Did you have regular menstrual cycles during the season?

If you experienced changes, please describe:

## Nutrition & Recovery

Were you able to maintain healthy eating habits?

Describe your recovery routine:

## Support & Environment

How supported did you feel by coaches and teammates?

Any suggestions for improving the support system?

## Additional Comments