

Sports Nutrition Assessment Form

**Athlete Information**
**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Sport: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Position: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Contact Info: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dietary Analysis**
**Meal Timing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Pre/Post-training Meals: \_\_\_\_\_\_\_\_\_\_
Hydration Status: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Supplement Use**

**Performance Goals**

**Recovery Strategies**