horizontal line

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**