



# Athlete Wellness Check

*Your physical and mental wellbeing is incredibly important. A higher score on this questionnaire indicates healthier wellbeing. If you notice your score reducing, or you are feeling fatigued, sore, stressed or unwell talk to your coach, parents and seek assistance from a Healthcare professional.*

On a scale of 1 - 10...

How would you rate the quality of your sleep in the past week?

1 = Poor , 10 = Great!

         

How refreshed have you felt upon waking over the past week?

1 = Not refreshed at all , 10 = Full of energy and ready to go!

         

How stressed have you felt over the past week?

1 = Very stressed, 10 = Not stressed at all (Reverse Scale)

         

How well/healthy have you felt over the past week?

1 = Not feeling well at all/ unwell, 10 = Feeling 100% healthy

         

How would you rate your nutrition (food and water intake)?

1 = Poor, 10 = Couldn't be better!

         

1 2 3 4 5 6 7 8 9 10