



Self Assessment (RED-S)

Ask yourself the following questions:

Do I feel tired all the time even when getting adequate sleep?

Am I excessively sore and feeling like recovery is difficult between training sessions?

Is my performance failing to improve at the rate or my coaches would expect?

Is my mood low or fluctuating?

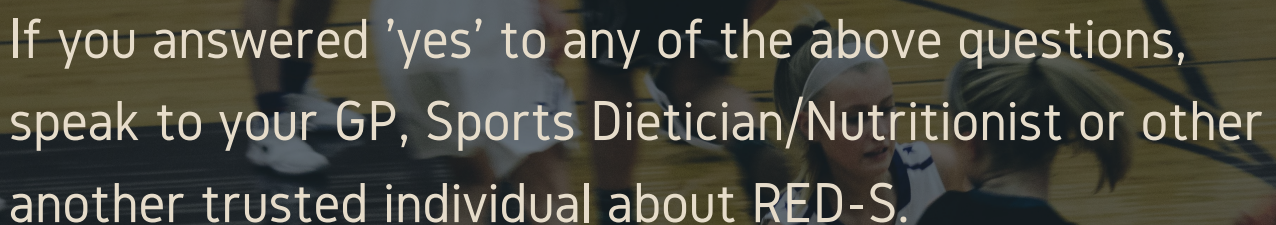
Have I had reoccurring injuries in the last year?

Have i ever had a stress fracture?

Am I frequently ill or sick?

Females: has my menstrual cycle been irregular, lighter than normal or absent over the last 6-12 months?

Males: Is my libido lower than normal?



If you answered 'yes' to any of the above questions, speak to your GP, Sports Dietician/Nutritionist or other another trusted individual about RED-S.