



# PERFORMANCE



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## ENERGY AVAILABILITY

Energy availability (EA) is the amount of dietary energy remaining for essential functions (heart, brain, bone, etc.) after accounting for the energy expended during training.

## SELF ASSESSMENT

Ask yourself the following questions to see if you may be in low energy availability:

1. DO I FEEL TIRED ALL OF THE TIME EVEN WHEN OBTAINING ADEQUATE SLEEP?

2. AM I EXCESSIVELY SORE AND FEELING LIKE I CAN'T QUITE RECOVER BETWEEN TRAINING SESSIONS?

3. IS MY PERFORMANCE FAILING TO IMPROVE AT THE RATE MY COACHES ARE EXPECTING?

4. IS MY MOOD LOW OR FLUCTUATING?

5. HAVE I HAD REOCCURRING INJURIES IN THE LAST YEAR?

6. HAVE I EVER HAD A STRESS FRACTURE?

7. AM I FREQUENTLY ILL OR SICK?

8. FEMALES: IS MY MENSTRUAL CYCLE IRREGULAR, LIGHTER THAN NORMAL, OR ABSENT?

9. MALES: IS MY LIBIDO LOWER THAN NORMAL?

If you answered "yes" to any of the above questions, talk to a sport dietitian, doctor, or another trusted individual about low energy availability.

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