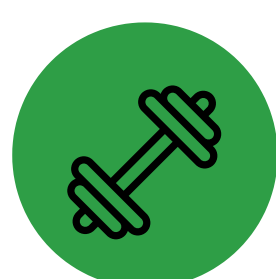


# ARE YOU EATING ENOUGH TO FUEL YOUR PERFORMANCE?

## FACTORS THAT CAN MAKE FUELLING CHALLENGING...



altered training load



altitude or heat training



interstate or overseas travel



difficulties shopping for food



new training squad or location



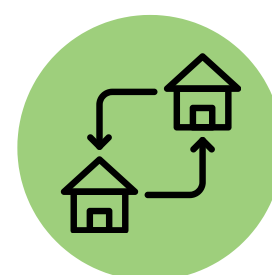
changed eating habits for any reason



unpredictable or change to work / study routines



limited kitchen access or cooking skills



moving out of home or changed living arrangements



unsure how to execute your sports nutrition plan

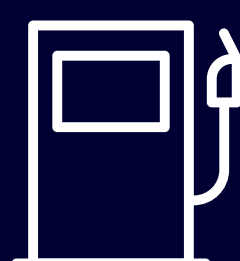


financial hardship



## NEXT STEPS...

### FUEL CHECK



Speak to your sports dietitian who has expert knowledge in helping you to match your fuelling needs to training and competition