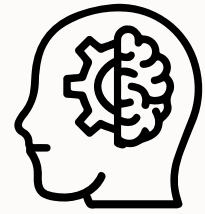




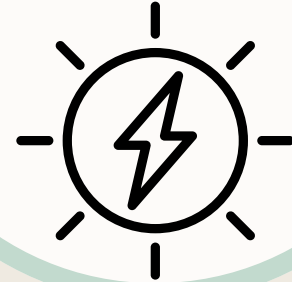
SIGNS YOU ARE EATING ENOUGH

01 Mind



- Stable mood
- Ability to focus/concentrate at school and practice
- Able to “rest and digest” with no GI upset
- Hunger cues present

02 Energy



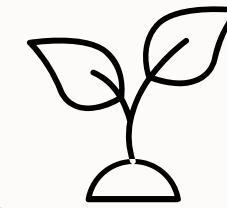
- Stable energy levels throughout the day
- Body does not feel weak/shaky at practice
- Able to finish hard sets

03 Recovery



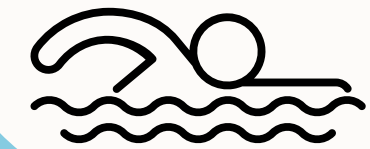
- Not sick often (2-3x per year max)
- No reoccurring injuries
- Able to sleep through the night

04 Growth



- On track with growth/development
- Ability to maintain/gain weight
- Regular period for females (after first few years)

05 Performance



- Gradual improvements in strength + technique
- Long-term time improvements in the pool (plateaus/dips to be expected)
- Having fun along the way