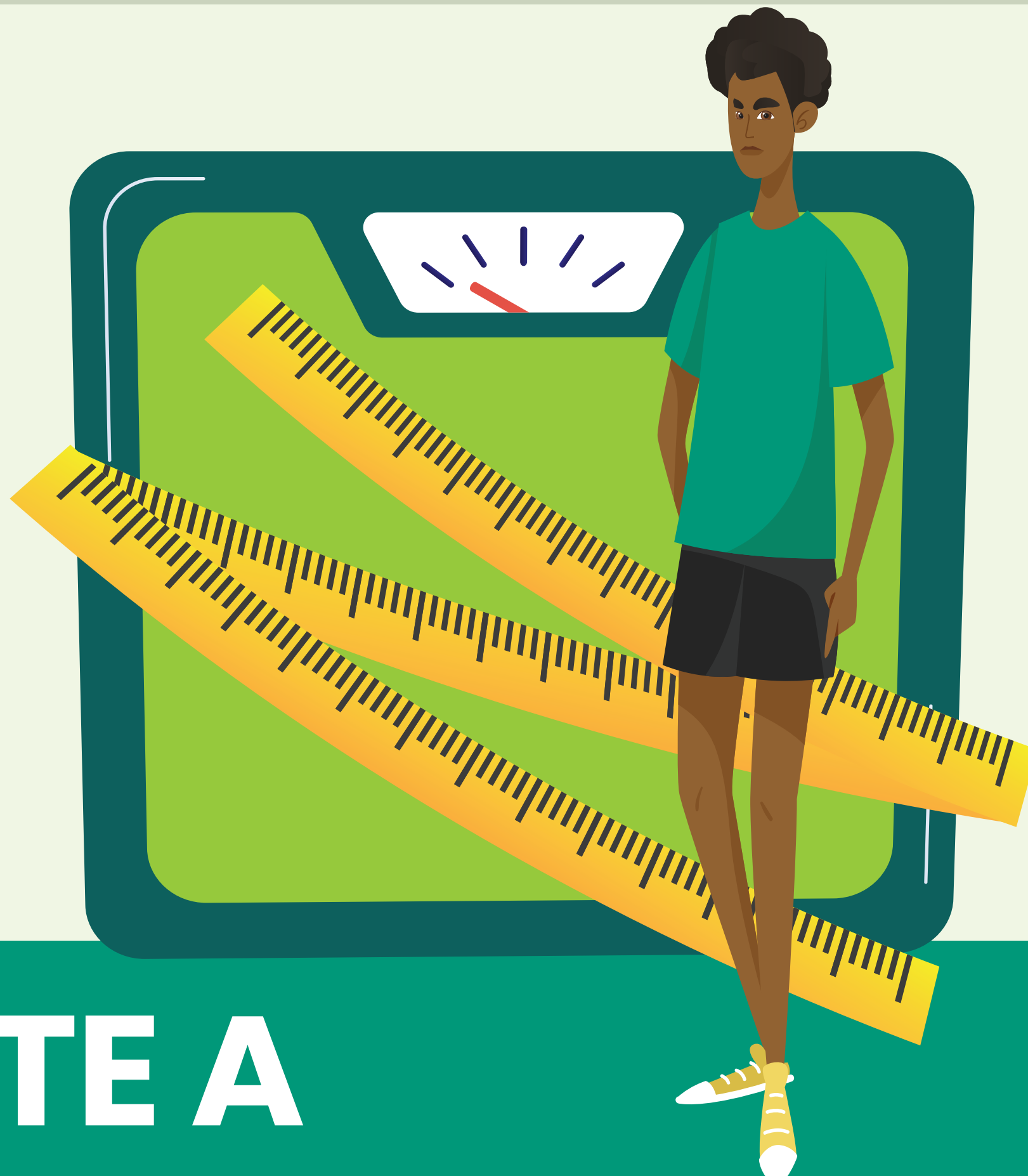




# WHAT IS YOUR FOCUS?

**QUICKLY DROP WEIGHT**



**ATHLETE A**

**DROP WEIGHT HEALTHILY AND BUILD MUSCLE**



**ATHLETE B**

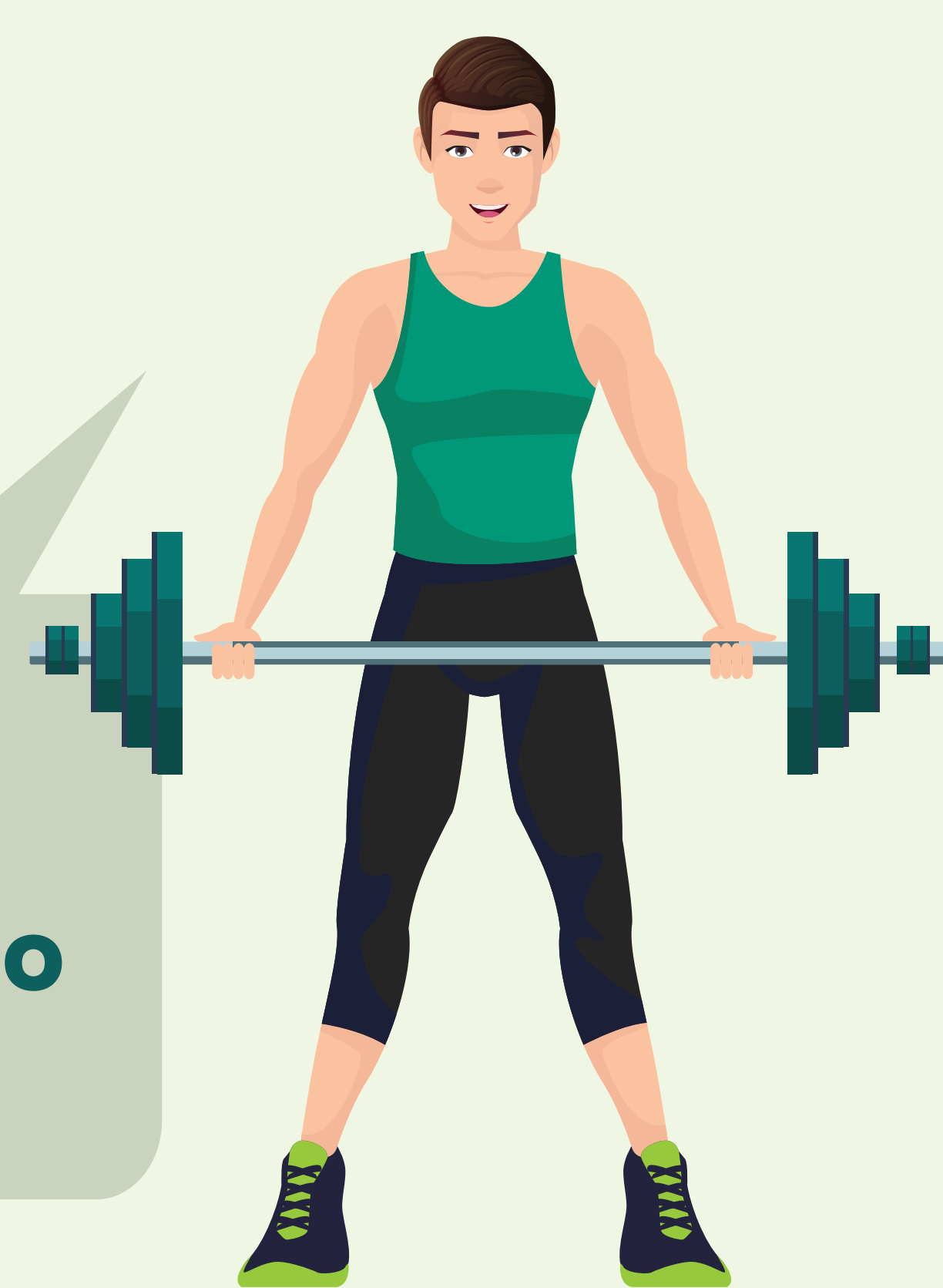
Started year with intention to improve power to weight ratio

## JANUARY

"I'm going to lose weight"



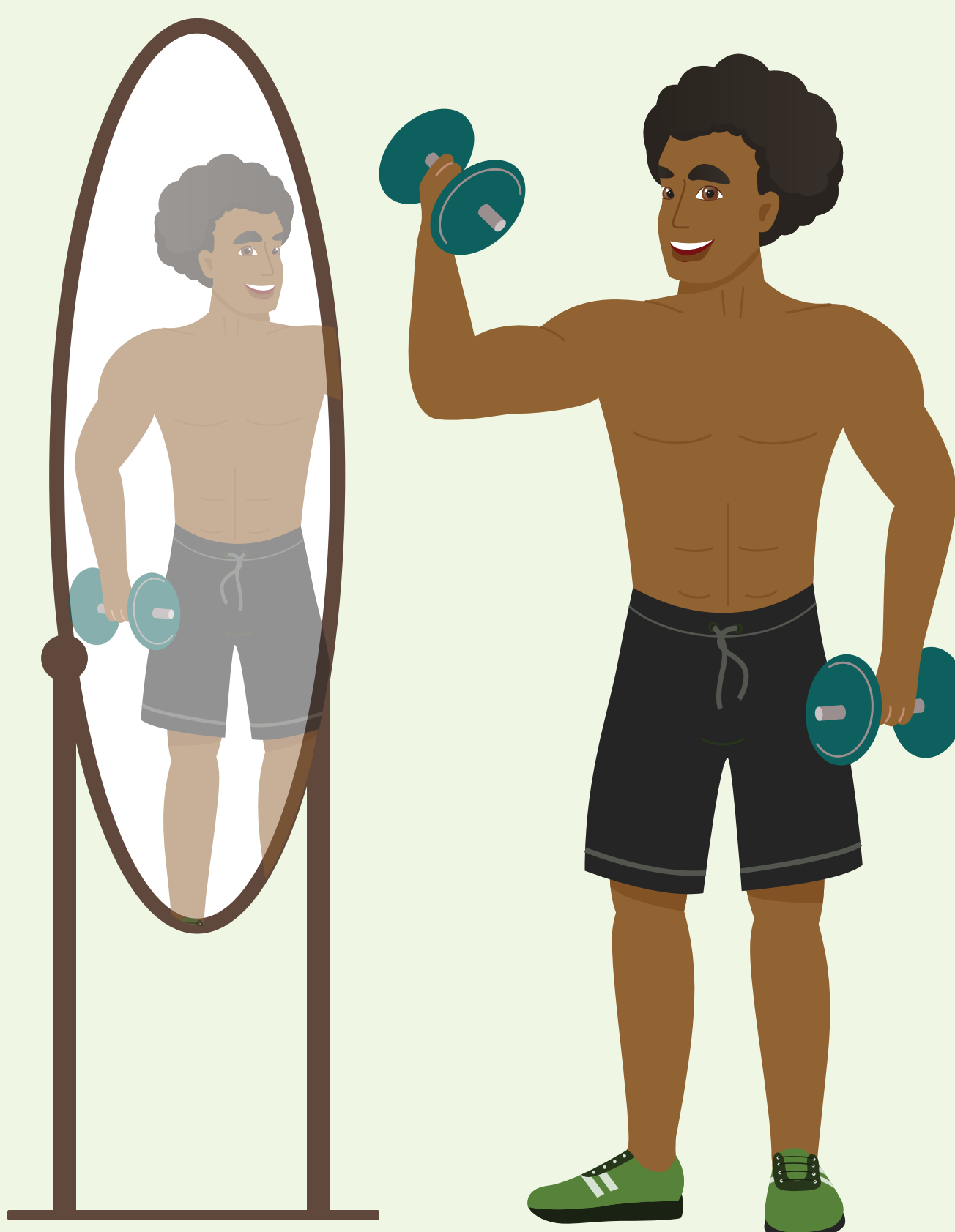
"I'm going to improve my power but also drop weight"



## MARCH

Dropped weight and lost body fat

"I'm looking lean"



Improved power output and dropped weight gradually as advised



"I'm feeling fit and strong."

Times improving, Got a PB

"I had a bit of a wobble during training following my PB"

Dropped too much weight too quickly



## APRIL

Times improving in training

"I continued to work with support team to meet my performance goals"



## JULY

Performs poorly in National competition

"I just don't feel like myself"

Diagnosed with stress fracture following competition



Performs well in National comp

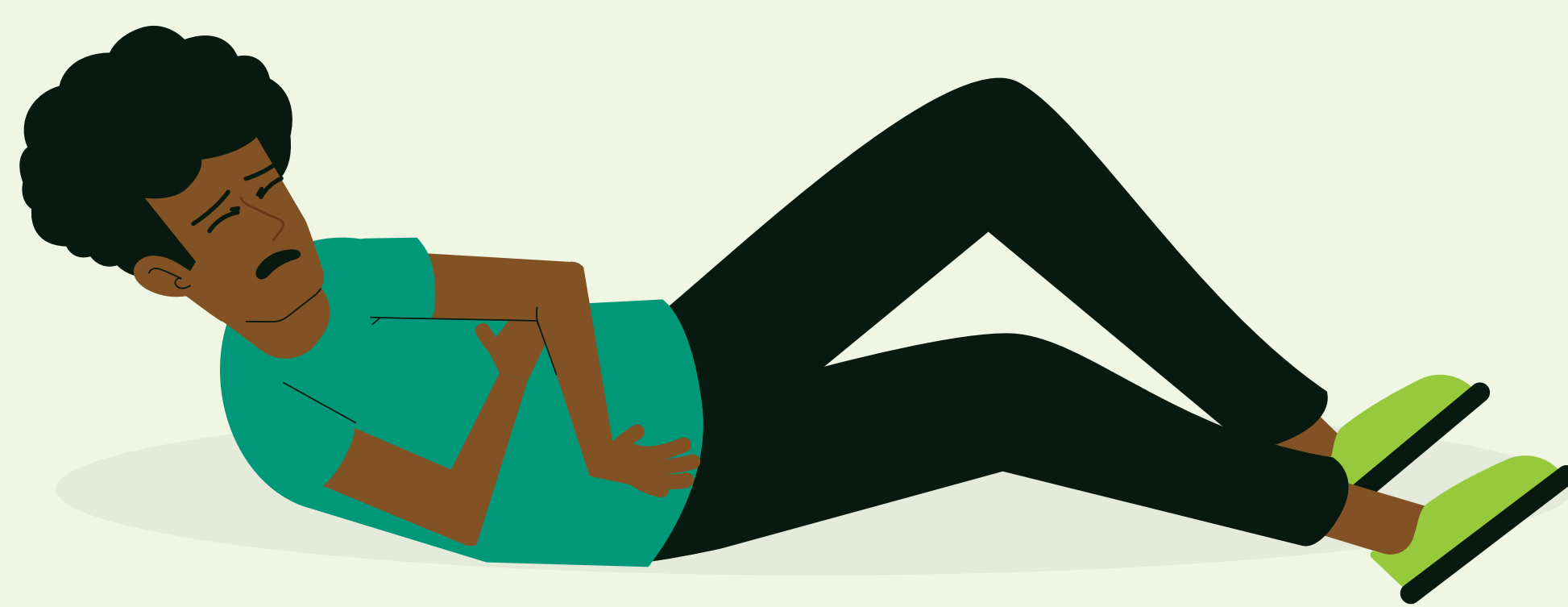
"I'm feeling strong"

Training going well between competitions



Sick on a regular basis

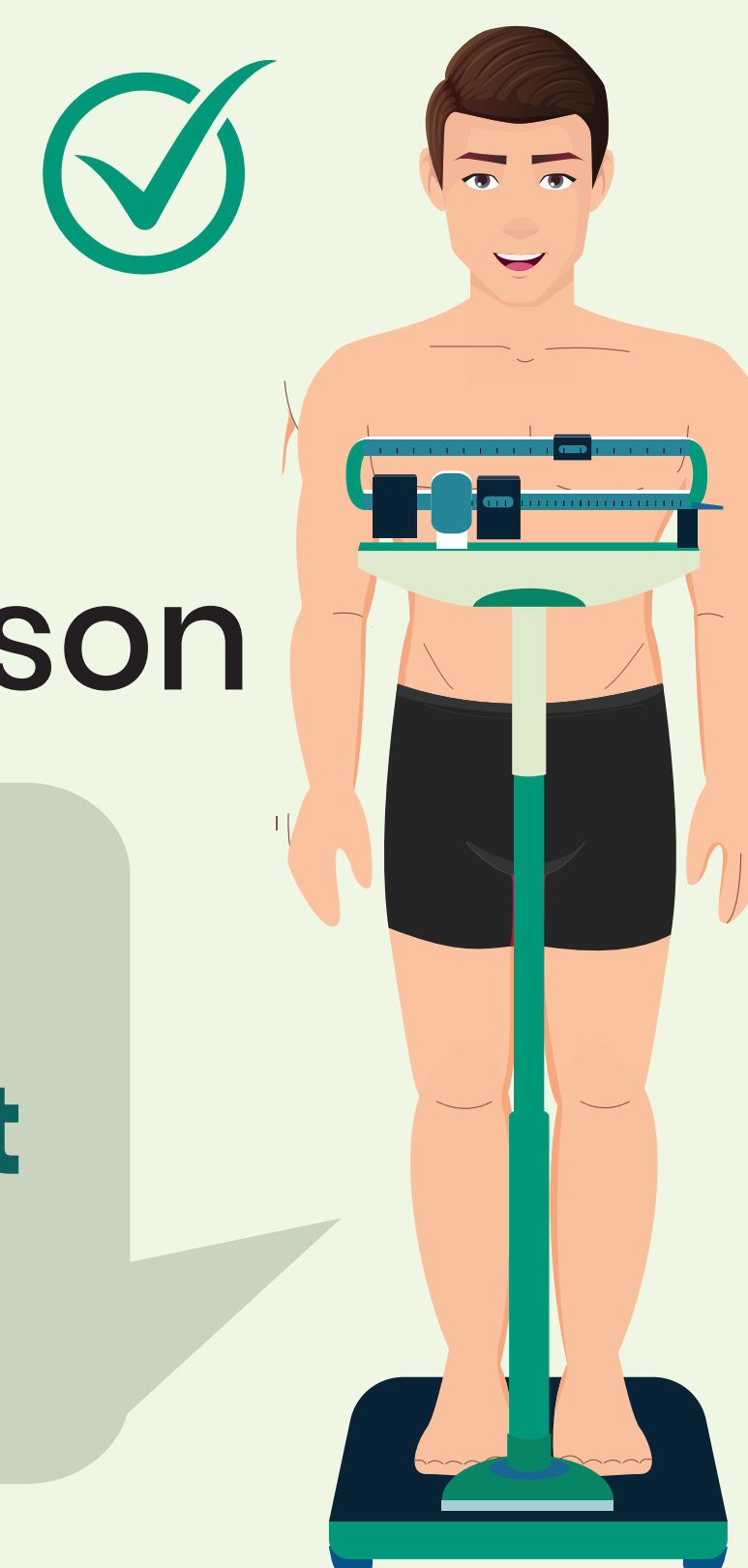
"I'm still feeling run down, I have no energy"



## OCTOBER

Slight increase in body weight during the off season

"It is normal to have a higher body weight in the off season"



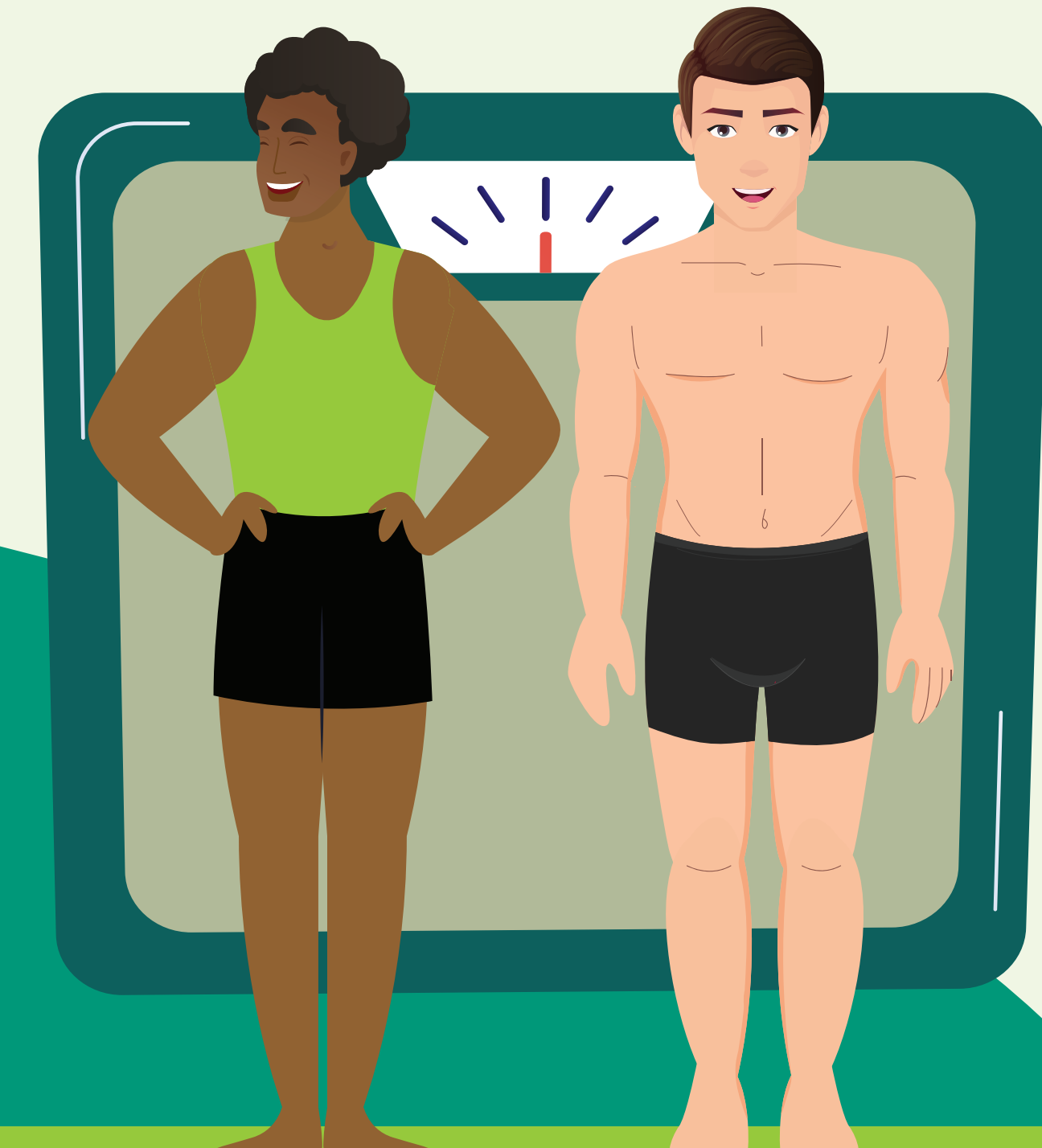
## DECEMBER

Engaged with support services to get back on track

"I should really engage with support staff and get my bloods done as I am still feeling rundown and not training"



Continued engagement with support services to maintain performance goals



**ONE SIZE DOES NOT FIT ALL**

**A PARTICULAR SHAPE, NUMBER, SIZE DOES NOT MEAN YOU ARE UNHEALTHY OR UNABLE TO PERFORM**

**SEEKING SUPPORT FROM A HEALTH PROFESSIONAL WILL HELP YOU PERFORM AND STAY HEALTHY**