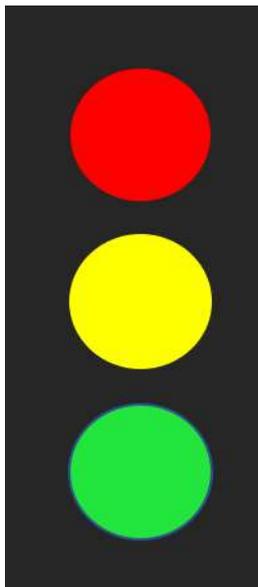




How are you doing?

Your health matters!

Please check by yourself – you are responsible for your own health and happiness!



0-9 x yes

Please talk about your situation with your Parents/family, Coach, Junior Captain, Junior Responsible, Doctor

10-12 x yes

Try to adapt your behavior so that you can answer "yes" a few more times

13-15 x yes

Looks like you are doing great! Keep it up!

Have a look at: Are you OK?

<https://www.swissolympic.ch/athleten-trainer/praevention/hilfe-beratung>





SELF CHECK (PLEASE REFLECT ON THE LAST 14 DAYS FOR ALL ANSWERS)	YES	NO
Quality of Sleep Minimum of 8 hours sleep on average		
Quality of Sleep On a scale from 1 (very bad) to 6 (fantastic) my quality of sleep was a minimum of 4		
Training On a scale from 1 (very easy) to 10 (extremely challenging) more than half of the trainings have been a 7 or higher		
Recovery On a scale from -3 (very tired) to +3 (fully recovered) I am on at least +1 on average		
Recovery I have used at least 2 of the following relaxation methods (Massage, Sauna, Stretching, Black Roll, Yoga, Meditation...)		
Clothing, Equipment I was always correctly and suitably dressed and equipped during my tournaments and trainings		
Leisure time I had a minimum 2 X 2 hours to relax, read, watch a movie, enjoy music...		
Symptoms I never had any stress symptoms or health issues e.g. Herpes, pain, problems with the digestive system		
Stress On a scale from 1 (no stress at all) to 6 (extremely stressed) my level of stress (School, Training, Tournaments, private and on the sports side) was never higher than 3		
Nutrition I always ate and drank healthily, well-balanced and sufficient amounts		
Drinking I drank at least 2 liters of water every day		
Warm up I always did a proper warm up before training and tournaments		
Concentration On a scale from 1 (not at all) to 6 (highly concentrated) my level was at least 4 during training and tournaments		
Motivation On a scale from -2 (not at all) to +2 (highly motivated) my level was always between +1 and +2		
Team Spirit On a scale from -2 (not at all) to +2 (completely) the level of acceptance I felt from my training group or tournament flight/team was always between +1 and +2		
Please count your «yes» answers. Take care! Your health is the most important asset you have!		

