

## PSYCHOLOGY

- Current mental state
- State of readiness
- Emotional triggers
  - Anchors

## NUTRITION

- Calorie Intake
- Food selection/quality
- Food preferences
- Number of meals
  - Food timing

## STRESS

- Previous/Current load
- External/Internal stressors
  - Stress management
  - Personality

# 6 Pillars TO HEALTH



## DIGESTION

- Stool quality/frequency
- Digestive irritants
  - Gut health
  - Bloating

## SLEEP

- Current sleep cycle
- Duration/Quality
  - Sleep hygiene
  - Lifestyle changes

## TRAINING

- Previous experience
  - NEAT
- Training schedule
- Postural assessment
  - Execution analysis