

# Fuelling Peak Performance Individual Results

Name			Age	
Weight		Height		
Your weight history				
What sport do you participate in?				
What event are you training for?				
Personal Goal?				

<b>Blood Test Results</b>			
Full Blood Lipids		Blood Sugar	
Fasting Blood Glucose		Cortisol	
Vitamin D		Tyroid	
Full Iron Study		Ferritin	
Total Skin folds			

<b>Medical History</b>	
<i>(please provide relevant information here)</i>	

<b>Sleep</b>	
Average Hours	
<i>(Include any additional information about your sleeping patterns or activities that altered your sleep pattern)</i>	

# Fuelling Peak Performance Information Record

<b>Performance</b>	
<i>(Write your definition of performance here)</i>	

<b>Training Schedule</b>	

<b>Julie's Recommendations</b>	

