

Nutrition Habits Questionnaire

Please complete the following questionnaire honestly. Give as much detail as possible regarding types of foods eaten and stipulate what 'other' is, if and when it applies.

Are you?

Male

Female

How old are you?

What is your current playing standard?

County Level

Regional Level

Professional Level

Please give further detail below (i.e. current club, rating, UTR and or ranking)

What do you typically eat and drink on the day before competition?

What does a typical pre-match meal (including fluids) consist of?

What do you typically eat and drink prior to a morning match (~9am start)?

What do you typically eat and drink on the day of a match (midday start)?

What do you typically eat and drink on the day of a match (afternoon ~2-3pm start)?

What do you typically eat and drink on the day of a match (evening ~6-7pm start)?

What do you typically eat or drink during a match?

- | | |
|-------------------------------------|--------------------------|
| Banana(s) | <input type="checkbox"/> |
| Energy Gels | <input type="checkbox"/> |
| Sugary Sweets (Candy) | <input type="checkbox"/> |
| Chocolate | <input type="checkbox"/> |
| Jaffa Cakes | <input type="checkbox"/> |
| Water | <input type="checkbox"/> |
| Sports Drinks (e.g. Lucozade sport) | <input type="checkbox"/> |
| Juice/Squash | <input type="checkbox"/> |
| Other... | <input type="checkbox"/> |

Please give details of the quantity consumed during a match, and the brand name, for the foods and or drinks selected in the previous question (e.g. 2 x SIS energy gels and 4 x McVities Jaffa cakes)

How do you gauge how much fluid to consume during a match?

- | | |
|---------------------------------|--------------------------|
| By the number of games complete | <input type="checkbox"/> |
| At the change of ends | <input type="checkbox"/> |
| At the end of a set | <input type="checkbox"/> |
| At the end of a match | <input type="checkbox"/> |
| Time Passed | <input type="checkbox"/> |

Ad-libitum consumption according to thirst

Other...

Please provide reasons below for your choices

Do you specifically target a certain volume of fluid during a match?

Yes

No

If yes please specify quantity below. If no, please leave this question blank

500ml

500ml – 1L

>2L

Other...

What considerations do you make for a long match (>2 hours in duration)? Nutritional or otherwise?

Energy Gels

Sports Drink

Sugary Sweets (Candy)

Cold/Wet Towel

Other...

Are there any specific recovery strategies you implement? Nutritional or otherwise?

Ice Bath

Hot Bath

Compression Garments

- Foam Rolling
- Protein Shakes
- Cherry Juice
- Creatine
- Other...

Please choose the predominant reason for using the recovery strategies (if applicable).

	Scientific Literature	Peers, Coach, Friend Influence	Saves Time	Saves Money	Easily Available	Personal Preference
Ice Bath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot Bath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Compression Garments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foam Rolling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein Shakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cherry Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creatine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What do you typically eat or drink immediately post-match for recovery (within 0-60 minutes)?

What do you typically eat or drink within three hours' post-match for recovery?

What do you typically eat or drink before bed post-match for recovery? (i.e., the same night as the match)

What do you typically eat or drink the day after a match for recovery?

Do you change your eating habits when playing on a clay court?

Yes

No

If yes, what do you change and why?

Do you change your eating habits when playing on a hard/tarmac/acrylic court?

Yes

No

If yes, what do you change and why?

Do you change your eating habits when playing on a grass court?

Yes

No

If yes, what do you change and why?

END

Thank you for taking the time to complete this questionnaire.