

## ATHLETE WELLNESS



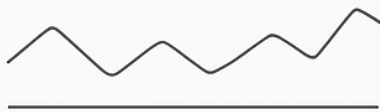
Fatigue Level

Recovery Suggestion:  
Stretch

Rest

Hydrate

Notifications: 2 new



## DAILY ACTIVITY

8:00 AM - Soccer Practice

10:00 AM - Stretching

12:00 PM - Lunch & Hydrate

3:00 PM - Strength Training

Happy

Tired

Add Activity

## ATHLETE

Alex, Age 14

Fatigue Score: 78%

Training Load: High

Burnout Risk: Moderate

Alerts: 2

Energy



Sleep



Send Check-in

## PROFILE



Personal Goals

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Preferences

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Connected Devices

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