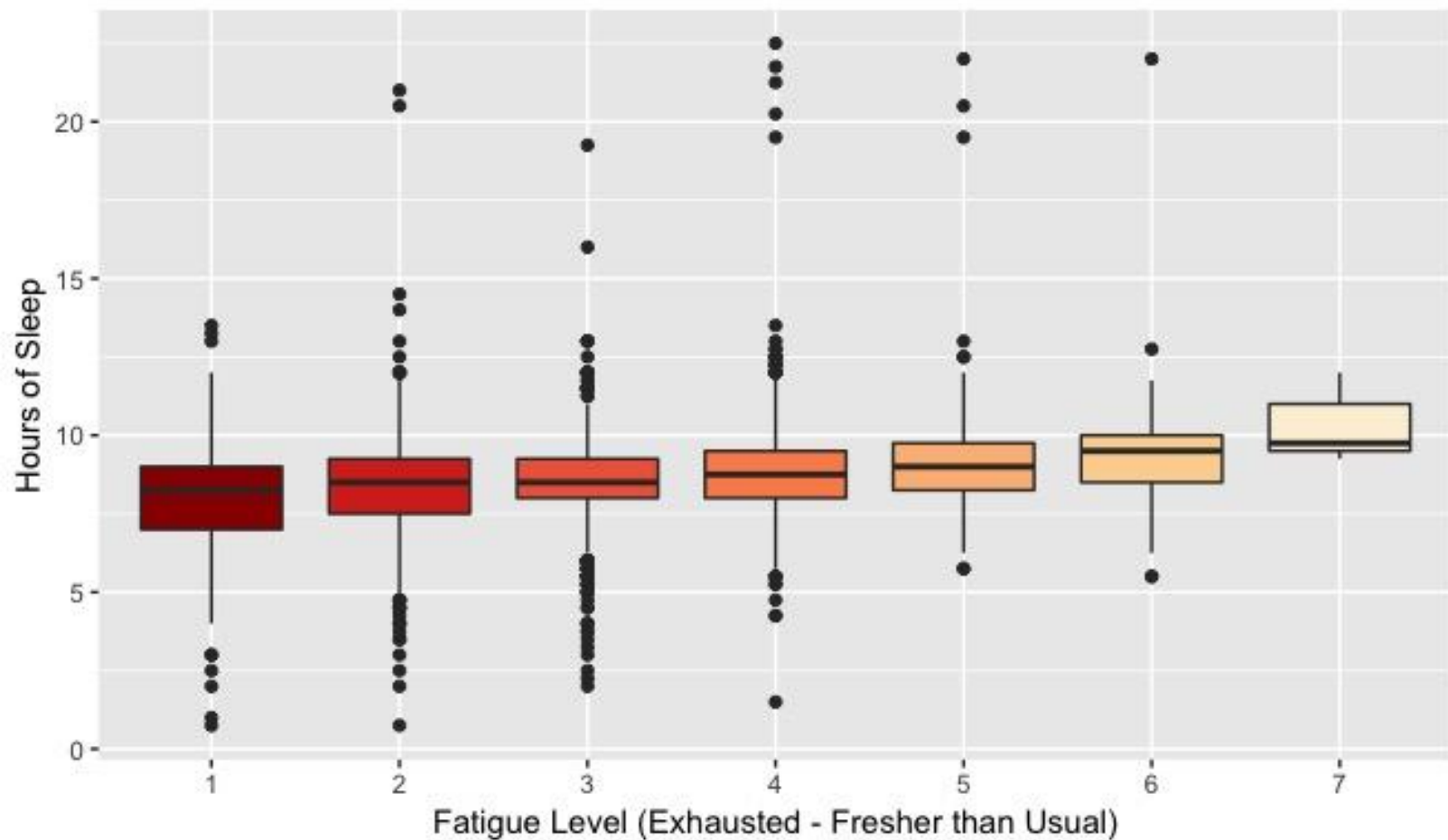


<https://www.artstation.com/artwork/o4E3W>

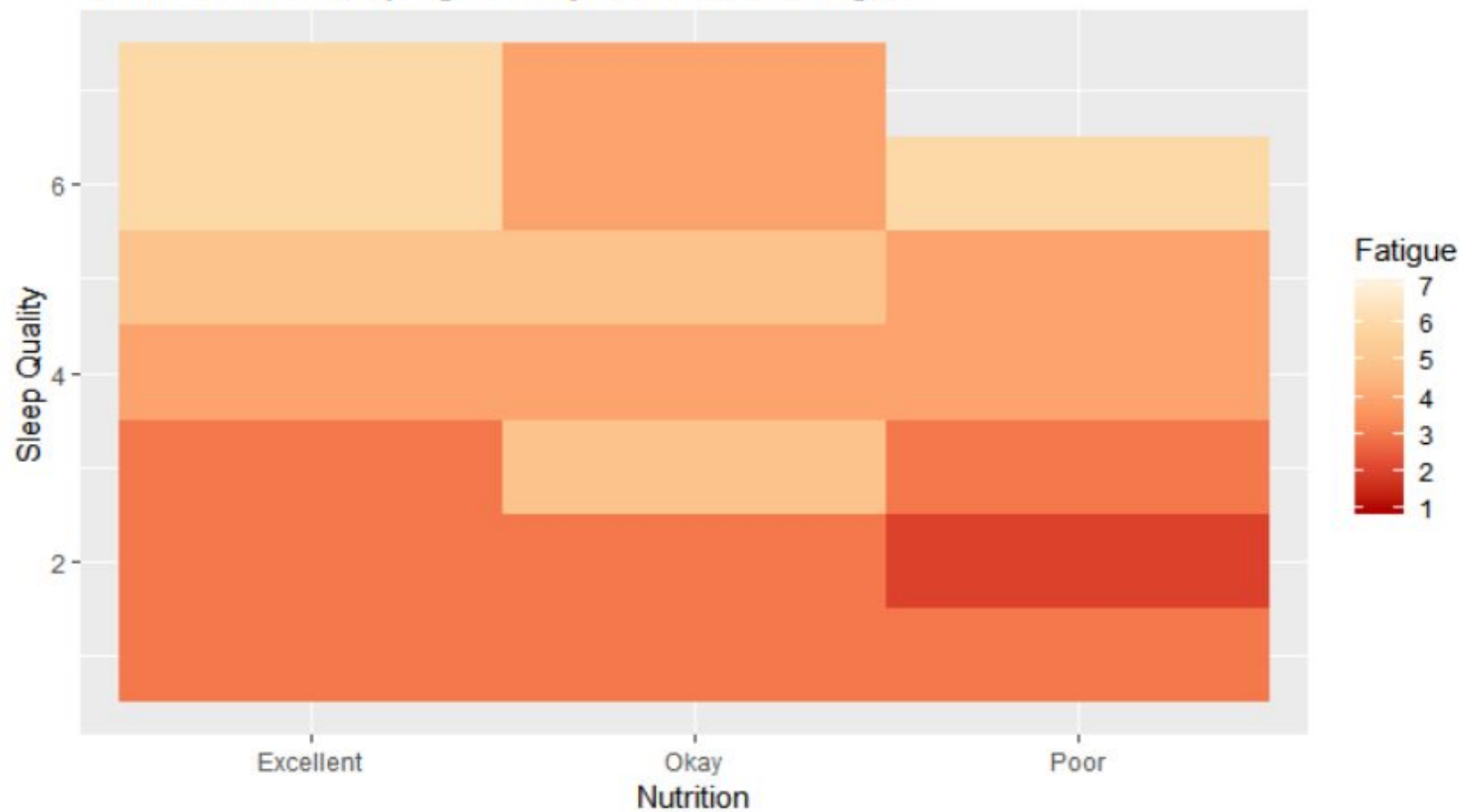
# Wellness vs. Fatigue in Rugby 7s

Free Samples: Jane Bang, Emma Scott, and Sarah Weden

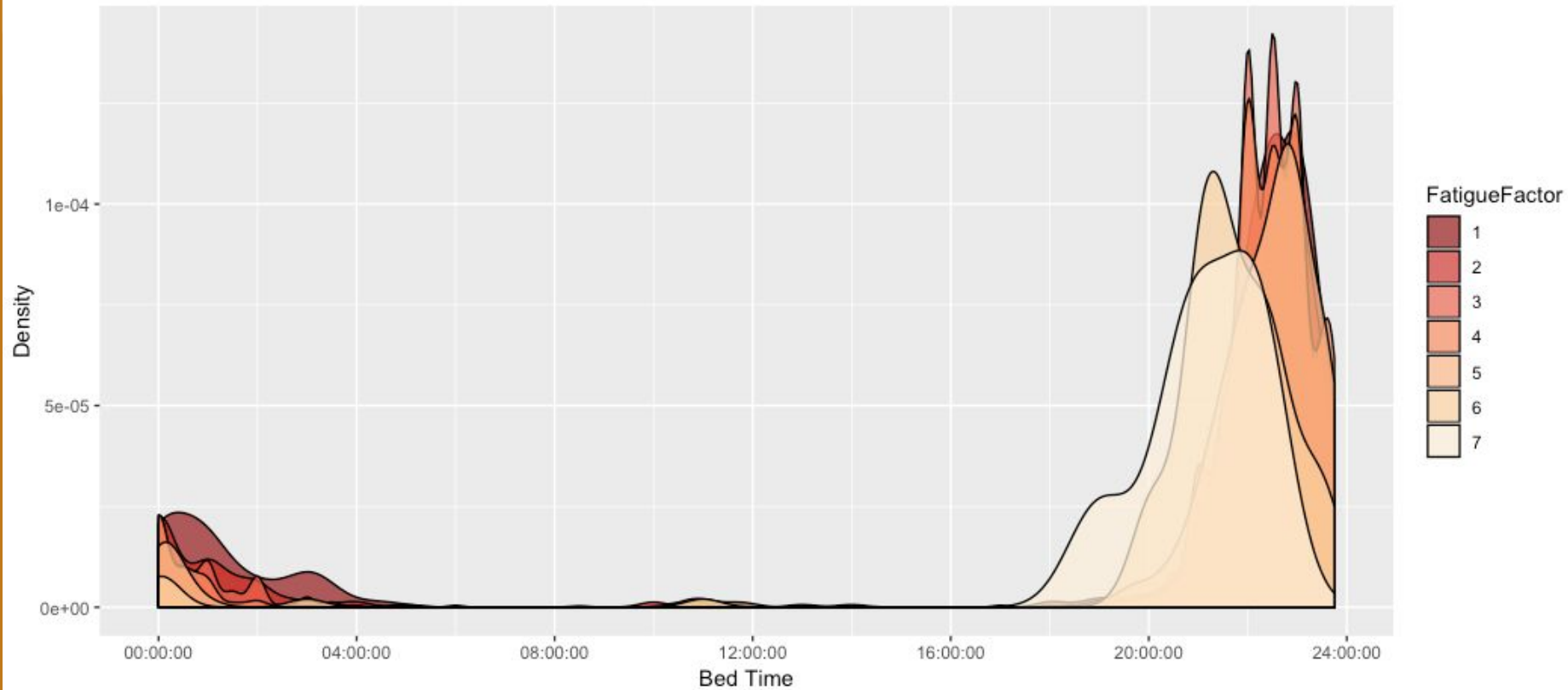
# Impact of Sleep Hours on Fatigue Level



Nutrition and Sleeping Quality's Effect on Fatigue



## Impact of Bed Time on Level of Fatigue



## Influence of Fatigue on Game Results

