Optimizing Objective Performance with Wellness Indicators

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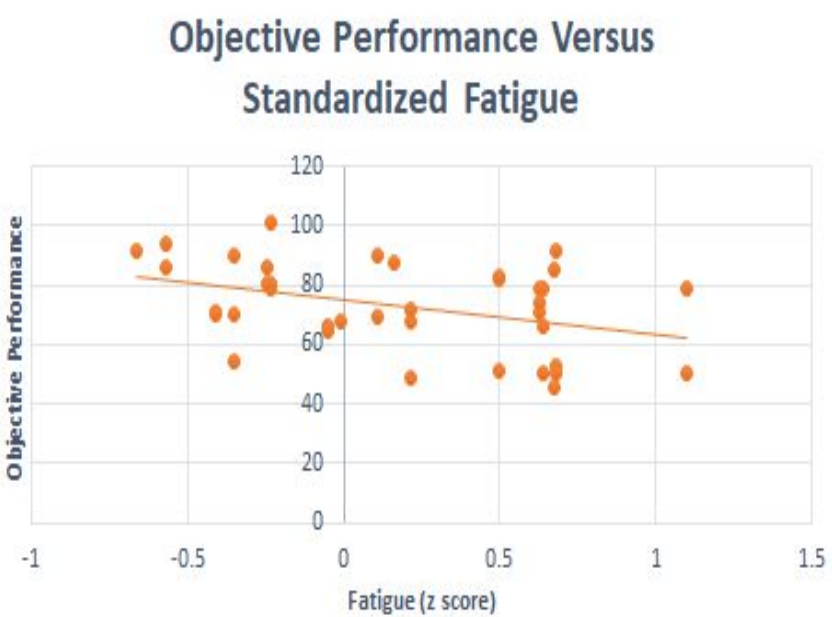
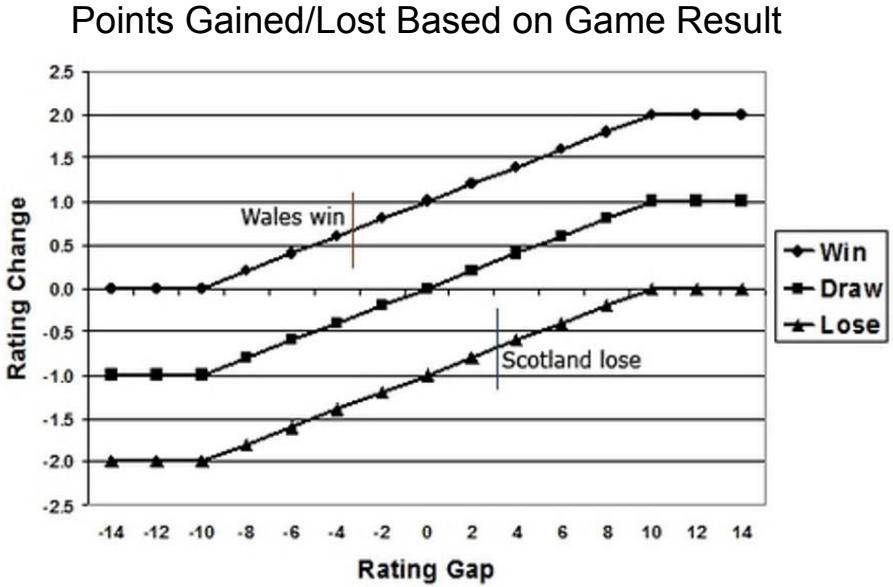
Predicting Objective Performance





Understanding Fatigue

	Fatigue	P-values
Soreness		0.072182979
Desire		0.99147009
Irritability		0.001147645
SleepHours		0.877114002
SleepQuality		0.001763021
MonitoringScore		0.598623911
TrainingReadiness		2.56874E-07
NutAdjust_Quant		0.271927415

Statistics

- 94% variation accounted for in using standardized soreness, irritability, sleep quality, and training readiness from two days prior to a game in order to predict standardized fatigue
- 45% variation accounted for using standardized fatigue to predict objective performance
- For each model, the p-value < alpha 0.05

Predicted Standardized Fatigue = 0.517922 + Soreness*-0.59012 + Irritability*0.506355 + SleepQuality*0.948487 + TrainingReadiness*-1.19914