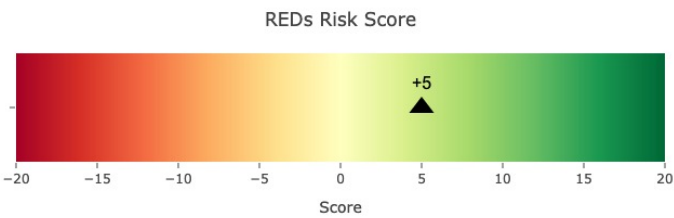


Female Personal Energy Availability Questionnaire (PEAQ)

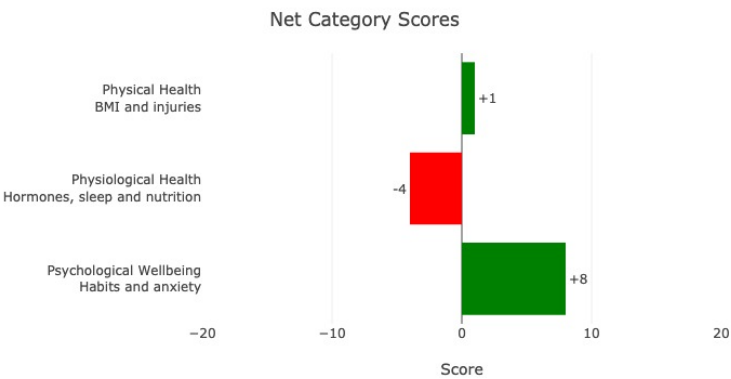
Your Personal Energy Availability Results

For most people, the REDs Risk Score is between -10 and +10. A strong positive score indicates good energy availability, while a negative score suggests low energy availability and a higher risk of REDs. This score is a general guideline and should not replace professional medical advice. If you have concerns about your energy availability or health, consider consulting a healthcare professional.

REDs Risk Score: +5



Category Breakdown



Interpretation: Reassuring result, suggesting that you have a healthy balance between training load, nutrition and recovery. Looking forwards, you may wish to consider seeking advice on future maintenance and improvement.

If you would like more information about energy availability and relative energy deficiency you may wish to have a look at nickykeayfitness.com and read Dr Nicky Keay's book [Hormones, Health and Human Potential](#)

For individual, personal advice, Dr Nicky Keay offers [health advisory appointments](#)

