

# Outputs of Interest

Type	Variable	What It Tells Us
Temporal	Salinity-Stress	Shows how hard a fish is working to maintain internal balance as salinity changes. Higher stress means more physiological strain, and higher energy cost.
	Energy	Tracks how much energy a fish is using over time to regulate its salt balance.
Spatial	Patch-Stress	Identifies locations where fish experience the highest salinity stress, which may reduce their ability to stay healthy.
	Patch-Energy	Maps where fish are using the most energy to stay balanced, especially in areas with fluctuating salinity.

Outputs highlight stress hotspots and periods of high energy demand that may limit fish survival or guide restoration priorities.