

Sportsparents Fuel Check

Could your teen athlete be **underfuelling**?

This quick fuel check highlights some **common signs to look for**.



1 Missing Breakfast?

Do they regularly skip breakfast or eat very little before school?

Yes - potential fuelling gap

No - continue

Why this matters

Breakfast is one of the biggest fuelling opportunities in your teen's day that will support energy, focus and performance.



2 Meal timings

Do they go more than 3-4 hours without eating on school and/or training days?

Yes - possible energy gap

No - continue

Why this matters

Long gaps without fuel can leave teens underfuelled by training time.



3 Endurance

Do they noticeably fade in the later stages of competition?

Yes fuelling may need attention

No - continue

Why this matters

High intensity sport (endurance or intermittent sports) relies heavily on carbohydrate availability.



4 Recovery

Do they regularly finish competition or training looking drained or struggle to recover by the next day?

Yes - fuelling may need attention:

No - continue

Why this matters

Poor recovery between sessions can affect energy and readiness to go again.

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5 Small or low appetite

Are they highly active but often eating only small meals, skipping snacks or just 'not that hungry'

Yes - their intake may not be matching their demands

No - continue

Why this matters

If energy intake is consistently falling short, appetite cues can sometimes be suppressed making it harder to recognise if they need more fuel.

Mostly NOs

Your teen athlete is likely covering the basics well.

Fine tuning around timing and recovery may still help performance

2-3 YES answers

There may be gaps between energy demands and fuelling worth addressing.

Small changes to meal timing, snacks and recovery nutrition can often improve energy and consistency.

4-5 YES answers

Your teen athlete may be underfuelled for the demands of their sport, school and growth.

Small nutrition changes can often make a significant difference to energy, recovery and performance.

I'm **Jessica Phan**, Sports & Wellness Nutrition Coach

I help sports parents simplify fuelling for teen athletes so performance nutrition feels practical, realistic and achievable.

As a competitive athlete and mum of teen athletes myself, I understand the juggle of school, training, games and busy family life.

Sometimes the biggest performance gap isn't talent or training. It's the fact they trained hard, went to school or day, and barely ate enough to support either.

I work with families to:

- identify where fuelling is falling short
- improve energy and recovery
- create realistic strategies that actually work in real life

Book a 15 min discovery call today!

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SPORTSMUM NUTRITION with JESS PHAN

 @SportsMum_Nutrition

