

## Appendix S1

### Athlete Body Composition, Metabolism, and Dietary Requirements Questionnaire

#### Background Questions:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Sport: \_\_\_\_\_ Position: \_\_\_\_\_

Height (in): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_

#### Nutrition / Body Composition Questions:

1. Have you ever taken a nutrition class (Please circle)? Yes                      No
2. Does the sporting organization you are part of provide you with access to nutrition information or nutritionists/dietitians?
  - a. \_\_\_\_\_ Nutrition information only
  - b. \_\_\_\_\_ Nutrition information and access to nutritionist/dietician
  - c. \_\_\_\_\_ Neither of the above
3. Rank the top 3 sources of information you rely on regarding nutrition by placing a 1, 2 and 3 in the relevant boxes (1 = the source most relied upon).
  - a. \_\_\_\_ Academic journal
  - b. \_\_\_\_ Athletic trainer / Strength & Conditioning Coach
  - c. \_\_\_\_ Coach
  - d. \_\_\_\_ Dietician
  - e. \_\_\_\_ Nutritionist
  - f. \_\_\_\_ Doctor
  - g. \_\_\_\_ Family
  - h. \_\_\_\_ Friends
  - i. \_\_\_\_ Internet search (please specific websites used) \_\_\_\_\_
  - j. \_\_\_\_ Mass Media (Magazine, Radio, TV)
  - k. \_\_\_\_ Social Media (Facebook, Twitter, Instagram, etc.)
  - l. \_\_\_\_ Team-mates
4. Prior to this study, have you ever used a nutrition or fitness tracking app? (Please circle)?  
Yes                      No
5. On a scale of 1–10 (1=worst; 10=best), how would you rate your nutrition knowledge? \_\_\_\_\_
6. What do you think your body fat percentage is (in %)? \_\_\_\_\_
7. What do you think your resting metabolic rate is (calories/day)? \_\_\_\_\_  
(The amount of calories you would burn all day if you were in bed)
8. Are you trying to (please circle):  
Lose Weight                      Maintain Weight                      Gain Weight

9. How many total calories **do you think you need to eat per day** in order to **maintain** your weight?  
\_\_\_\_\_
10. How many total calories **do you think you need to eat per day** based on your **body weight goal**?  
\_\_\_\_\_
11. How many total calories do you think **actually eat** per day? \_\_\_\_\_
12. How many grams of protein per day do you think you **need to eat per day**? \_\_\_\_\_
13. How many grams of protein do you think you **actually eat per day**? \_\_\_\_\_
14. How many grams of carbohydrates per day do you think you **need to eat per day**? \_\_\_\_\_
15. How many grams of carbohydrates do you think you **actually eat per day**? \_\_\_\_\_
16. How many grams of fat per day do you think you **need to eat per day**? \_\_\_\_\_
17. How many grams of fat do you think you **actually eat per day**? \_\_\_\_\_
18. Are you taking any supplements? If so, which ones and for what reason?
- Supplement: \_\_\_\_\_ Reason: \_\_\_\_\_
  - Supplement: \_\_\_\_\_ Reason: \_\_\_\_\_
  - Supplement: \_\_\_\_\_ Reason: \_\_\_\_\_
  - Supplement: \_\_\_\_\_ Reason: \_\_\_\_\_
  - Supplement: \_\_\_\_\_ Reason: \_\_\_\_\_
19. Where or from whom do you get most of your nutrition information from? \_\_\_\_\_
20. Please rank the following barriers using the scale 1–6 that may prevent you from eating healthy and meet the demands of your sport (1 = Biggest Barrier, 6 = Least likely to be a barrier):
- a. \_\_\_\_\_ Financial restrictions
  - b. \_\_\_\_\_ Lack of time (to grocery shop and prepare meals)
  - c. \_\_\_\_\_ Lack of knowledge and information on how to eat better
  - d. \_\_\_\_\_ Travel demands of the sport
  - e. \_\_\_\_\_ Lack of energy/effort
  - f. \_\_\_\_\_ Access to food
21. What type of support do/would you find useful, please rank from 1 (most useful) to 5 (least useful)?
- a. \_\_\_\_\_ Access to nutrition information relevant to healthy eating
  - b. \_\_\_\_\_ Access to nutrition information relevant to sports/training nutrition
  - c. \_\_\_\_\_ Access to group presentations by nutritionist/dieticians
  - d. \_\_\_\_\_ Individual consultations by nutritionists/dieticians'
  - e. \_\_\_\_\_ Cooking classes