

Wellness Evaluation for Athletes

Date: [Insert Date]

To: [Athlete's Name]

From: [Coach's Name]

Subject: Wellness Evaluation Results

Dear [Athlete's Name],

We have completed your wellness evaluation for this season, and we appreciate your commitment to your health and performance. Below are the key findings from your evaluation:

Physical Health

- Resting Heart Rate: [Insert Value]
- Blood Pressure: [Insert Value]
- Body Composition: [Insert Value]

Mental Wellbeing

- Stress Levels: [Insert Value]
- Sleep Quality: [Insert Value]
- Overall Mood: [Insert Value]

Recommendations

Based on your evaluation, we recommend the following:

1. Focus on hydration and nutrition.
2. Incorporate stress management techniques such as meditation.
3. Ensure adequate rest between training sessions.

We value your health and well-being, and we are here to support you in achieving your athletic goals.

Best regards,

[Coach's Name]

[Coach's Position]

[Contact Information]