

LIFESTYLES OF ELITE ATHLETIC PERFORMERS (LEAP) > SURVEY



Dear Athlete,

As an Olympic Gold Medallist, I have wondered what lifestyle practices and mindset strategies support championship performance. As part of my PhD I have developed this survey to help you identify the factors that may support or inhibit your sporting success.

To do this, I need your participation and the help of other elite athletes in completing the following survey.

You have been chosen because you have competed at State level (or above), in your sport within the last 10 years.

Your participation will help identify practices to enhance your sporting success.

Thanks in advance,

Lauren
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Begin Survey [HERE](#)