

AC Flowchart for Body Composition Modification Strategies

Once the decision has been made to proceed with body composition management (see **AC Flowchart for Determining the Appropriateness of Body Composition Change**) a risk stratified approach should be utilised when developing the modification plan.

Level 1

- Low Risk-High Impact
 - Optimise Foundational Sports Nutrition
 - Energy availability, macronutrient distribution, nutrient timing



Level 2

- Moderate Risk-High Impact
 - Performance-aligned, periodised energy manipulation
 - Is body composition trending appropriately *without* negative impact on performance, recovery, or health markers?
 - Lifestyle & training levers
 - Behavioural & environmental strategies
 - Address adherence and real-world barriers



Level 3

- Higher Risk
 - Medical Consideration will only be explored when
 - Foundational and applied strategies have been implemented and documented
 - Outcomes are insufficient relative to performance or health needs
 - No unresolved RED-S or behavioural concerns
 - Options may include:
 - Endocrine evaluation
 - Pharmacological support*

*Medication is not a substitute for inadequate nutrition practices and must be co-managed with performance nutrition involvement.