

Body Mass management practices survey created for Olympic Weightlifting athletes:

Cox, A.M, Scrivin, R.L, Pelly, F, Langan-Evans C, Jenkins, D, Reale, R.J, & Slater, G.J. The adaption and validation of a body mass management questionnaire for Olympic weightlifters. SM Journal of Nutrition and Metabolism. 2024;8:7

Q1 What is your gender?

Q2 What is your most recent body weight? (In Kg's)

Q3 How tall are you? (In cm)

Q4 What is your age?

Q5 At what age did you **start training** specifically in the Olympic weightlifting lifts (snatch, clean and jerk)?

Q6 At what age did you **start competing** in Olympic weightlifting?

Q7 How many times did you compete in an Olympic weightlifting competition in the past 12 months?

Q8 Excluding the Olympic Games, which weight category have you competed in most over the past two years? E.g. Under 59kg

Q9 In your usual body weight category, what is the highest total weight lifted (combined snatch and CNJ weight) you have achieved in an Olympic weightlifting competition to date?

Q10 In the last two years, have you competed in another weight category?

Yes, and if so, which category?

No

Skip To: Q12 If In the last two years, have you competed in another weight category? = No

Q11 In the last two years, why did you compete in a different body weight category?
(Can select more than one answer)

Too difficult to make weight

Did not need to make weight

Returning to sport from injury

No longer competitive in the weight category

Wanted to be more competitive in a different weight category

Wanted to increase/decrease lean mass/fat mass into the next body weight category

To qualify for states/nationals/international competitions

Lack of understanding on how to make weight into a different category

Other - please specify

Q12 Have you ever had to lose weight to compete in a specified weight category?

Yes

No

Skip To: End of Survey If Have you ever had to lose weight to compete in a specified weight category? = No

Q13 Have you ever missed competing in an Olympic weightlifting competition as a result of not making weight?

Yes, and if so how many times?

No

Q14 What was the **maximum** amount of weight loss you have had to lose for an Olympic weightlifting competition? (kg)

Q15 In what time frame was this weight loss achieved?

In the last day
prior?

In the last week
prior?

In the month
prior?

In the 2 months
prior?

Q18 How much weight do you usually regain in the following week of a competition?
(in kgs)

Q19 Please rate the influence that each person/source listed below has on your weight loss practices? **Please answer every row.**

	Unsure	Not influential	A little influential	Highly influential	Very highly influential
Another Olympic weightlifter/training partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doctor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical trainer/other coach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Olympic weightlifting coach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dietitian	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social Media	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Journal articles/textbooks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other - select unsure if this is not required	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

