

File S3. Copy of Study Background and Libro App Information Presentation



## Questionnaires

- Two short separate questionnaires.
- Should take 15/20 mins max each.
- Can be completed using your phones.
- Links to the questionnaires will be provided.
- If you don't know any answers don't guess, use the *Not Sure* option.
- The more honest you are the better.

## Urine Samples

- Samples taken every morning.
- You will be given a cup with the same number every day.
- Hydration status will be recorded using a refractometer.
- Important not to change you hydration strategies just because you are being tested.
- Stick to your usual routine.

## Food Diary - Libro App

- 3-day food diary using the Libro App.
- Log **everything** you consume each day, food and fluid.
- Important not to change your dietary intake over the 3-day period.
- At least one rest day and one training/match day needs to be logged.
- On training/match days it is important to log your pre and post meals.
- Stick to your usual routine.

## Libro App

- I will send an email invite to everyone. I will be using the email address you provided Munster with at the start of the program.
- You will receive the email on the right prompting you to download the Libro App.

## Libro App

- The Image on the left is the Libro App in the App Store. Download the app.
- The image on the right is the login screen which will appear the first time you open the app.

## Libro App

- Create an account with the same email address you provided Munster with.
- Choose a username.
- Create a password. I would suggest **Password123** for everyone.
- Click the tick to agree to the terms of service.
- Once you have all the above done a white tick will appear in the orange circle on the bottom right of the screen.
- Press the tick and you will be logged into the app.