

Adaptations

Biology

The three categories, and the trade-offs adaptations always carry.

By type, with examples.

Type	Is	Example
Anatomical	Structural	Thick fur, beak shape
Physiological	Internal processes	Antifreeze proteins, torpor
Behavioural	Actions	Migration, hibernation, courtship

Trade-offs are universal: a peacock's tail attracts mates and impairs flight. Selection balances the two.