

# Monday



Training Minutes: \_\_\_\_\_

Training Intensity: 1 2 3 4 5  
*Easy Modarata Very Hard*

Training Notes:

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# Tuesday

Training Minutes: \_\_\_\_\_

Training Intensity: 1 2 3 4 5  
*Easy Modarata Very Hard*

Training Notes:

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# Wednesday

Training Minutes: \_\_\_\_\_

Training Intensity: 1 2 3 4 5  
*Easy Modarata Very Hard*

Training Notes:

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Self Assessment of Performance State

Fatigue 1 2 3 4 5 6 7  
Stress 1 2 3 4 5 6 7  
Sleep Previous Night 1 2 3 4 5 6 7  
Muscle Soreness 1 2 3 4 5 6 7  
Training Enjoyment 1 2 3 4 5 6 7  
Health 1 2 3 4 5 6 7  
How will I perform today? 1 2 3 4 5 6 7

SCORING: 1 = Good / Fine / No Problem;  
7 = Bad / Poor / Problematic

My Day:  Great!  Okay  Awful

Self Assessment of Performance State

Fatigue 1 2 3 4 5 6 7  
Stress 1 2 3 4 5 6 7  
Sleep Previous Night 1 2 3 4 5 6 7  
Muscle Soreness 1 2 3 4 5 6 7  
Training Enjoyment 1 2 3 4 5 6 7  
Health 1 2 3 4 5 6 7  
How will I perform today? 1 2 3 4 5 6 7

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Training Enjoyment 1 2 3 4 5 6 7  
Health 1 2 3 4 5 6 7  
How will I perform today? 1 2 3 4 5 6 7

SCORING: 1 = Good / Fine / No Problem;  
7 = Bad / Poor / Problematic

My Day:  Great!  Okay  Awful

# Thursday



Training Minutes: \_\_\_\_\_

Training Intensity: 1 2 3 4 5  
*Easy Modarata Very Hard*

Training Notes:

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# Friday

Training Minutes: \_\_\_\_\_

Training Intensity: 1 2 3 4 5  
*Easy Modarata Very Hard*

Training Notes:

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# Saturday

Training Minutes: \_\_\_\_\_

Training Intensity: 1 2 3 4 5  
*Easy Modarata Very Hard*

Training Notes:

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Self Assessment of Performance State

Fatigue 1 2 3 4 5 6 7  
Stress 1 2 3 4 5 6 7  
Sleep Previous Night 1 2 3 4 5 6 7  
Muscle Soreness 1 2 3 4 5 6 7  
Training Enjoyment 1 2 3 4 5 6 7  
Health 1 2 3 4 5 6 7  
How will I perform today? 1 2 3 4 5 6 7

SCORING: 1 = Good / Fine / No Problem;  
7 = Bad / Poor / Problematic

My Day:  Great!  Okay  Awful

Self Assessment of Performance State

Fatigue 1 2 3 4 5 6 7  
Stress 1 2 3 4 5 6 7  
Sleep Previous Night 1 2 3 4 5 6 7  
Muscle Soreness 1 2 3 4 5 6 7  
Training Enjoyment 1 2 3 4 5 6 7  
Health 1 2 3 4 5 6 7  
How will I perform today? 1 2 3 4 5 6 7

SCORING: 1 = Good / Fine / No Problem;  
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My Day:  Great!  Okay  Awful

Self Assessment of Performance State

Fatigue 1 2 3 4 5 6 7  
Stress 1 2 3 4 5 6 7  
Sleep Previous Night 1 2 3 4 5 6 7  
Muscle Soreness 1 2 3 4 5 6 7  
Training Enjoyment 1 2 3 4 5 6 7  
Health 1 2 3 4 5 6 7  
How will I perform today? 1 2 3 4 5 6 7

SCORING: 1 = Good / Fine / No Problem;  
7 = Bad / Poor / Problematic

My Day:  Great!  Okay  Awful

