

2 wk date range	Sunday	Mondy	Tuesday	Wensdy	Thrsdy	Friday	Satrdy	Sunday	Mondy	Tuesday	Wensdy	Thrsdy	Friday	Satrdy
#1 sleep last night														
#2 aches pains illness														
#3 last session recovery														
#4 flexibility														
#5 nutrition & energy														
#6 general mental														
#7 today physical stress														
#8 mental today's training														
Day total														

Dates _____ & Week 1 total _____

Date _____ & week 2 total _____

Name _____

For each of the 8 items, for each day, assign one of the following scores
 1 (outstanding) 2 (good) 3 (OK) 4 (not so good) 5 (terrible)

Scores for items 1 & 2 should be assigned within 2 hours of awakening. Score items 3-4-5-6 by early afternoon each day. Score items 7 & 8 toward the end of each day

Enter 2-week total score here _____ Below, make any overall comments regarding your training

To arrive at the appropriate scores, consider the following. #1 how desirable was last night's sleep? #2 are you experiencing any current injury, illness or unusual pain? #3 how well do you feel you recovered from yesterdays training? #4 how is your flexibility? #5 rate the previous 24 hours of rest, energy, general nutrition #6 rate your general mental mood for each day #7 how stressful was today, in a physical context? #8 rate your mental attitude toward today's training session(s), which is different from your overall mental feeling about the day in general

Daniels' daily response/stress table