



DAILY WELLNESS

Date

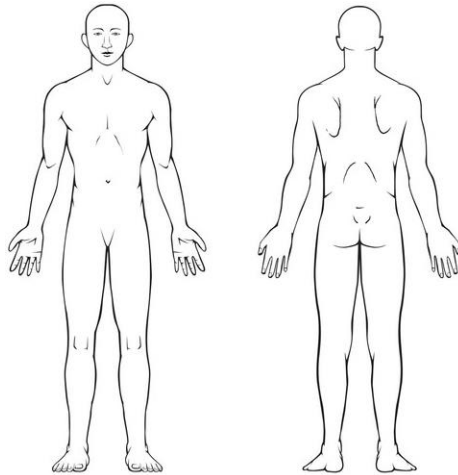
Body Soreness

General Body Soreness Rating

1	2	3	4	5	6	7	8	9	10
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Overall, how sore is your body feeling today? 1 = Low 10 = Very Sore

Specific Body Part Soreness



Are there any areas with specific muscle tightness of concern?

General Wellbeing

Daily/Training Pain Score

1	2	3	4	5	6	7	8	9	10
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Daily pain scores relates to the rating of a specific injury that the physiotherapist wants to track

Time Went to Sleep

Time Woke Up

Total Hours Sleep

Sleep Quality

1	2	3	4	5	6	7	8	9	10
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1 = Terrible / 7 = Normal / 10 = Terrific

General Health

1	2	3	4	5	6	7	8	9	10
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1 = Poor / 10 = Excellent

Fatigue

1	2	3	4	5	6	7	8	9	10
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1 = Low / 10 = High

Are You Menstruating?

yes	no	N/A
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General Comments



TRAINING SESSIONS



Date

Training Session Details

Training Status	10	20	30	40	50	60	70	80	90	100
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What % of the training did you complete today?

Session Type	Skills	Speed	Game	Gym Cardio	Gym Weights	Fitness		
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Duration	30	45	60	75	90	105	120		
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Minutes

RPE	1	2	3	4	5	6	7	8	9	10
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0 = no exertion at all / 2 = easy / 4 = somewhat hard / 5 = hard (heavy) / 7 = very hard / 10 = maximal exertion

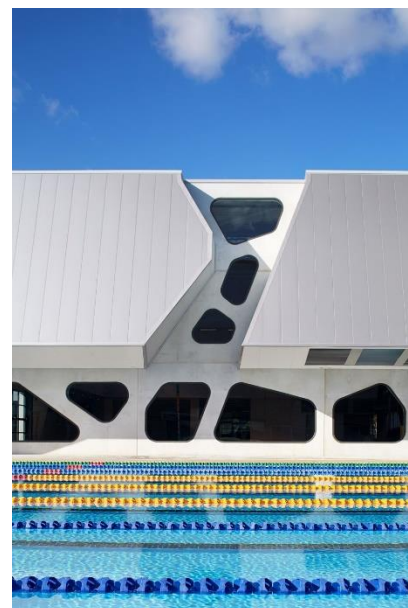
General Comments

Were you injured during training? yes no

Injuries

Load Details

Duration Score	<input type="text"/>
RPE Score	<input type="text"/>
Session Load	<input type="text"/> Duration x RPE



You should aim to fill in these self-monitoring sheets every day. The more you monitor your training, fatigue, sleep and overall wellness the better you will become at managing your training loads and hopefully this can help to prevent injuries or serious illness.

✉ email info@developingchampions.com.au for an excel version for your use

