

## Performance Lifestyle Log

Week of: \_\_\_\_\_, 2015      Training Phase: \_\_\_\_\_

This week's recovery enhancement goal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Day: _____		Recovery		Other Training	Team Practice
		General health	5 4 3 2 1	Time: _____ Dur: _____ RPE: _____	Time: _____ Dur: _____ RPE: _____
Wake HR (BPM)		Appetite	5 4 3 2 1		
Wake Wt. (kg)		Motivation	5 4 3 2 1		
Hrs. of sleep		Energy Levels	5 4 3 2 1	<b>General Comments</b>	
Optional: Performance Parameter Measured: _____  Score: _____  Personal Best Score: _____		Muscle fatigue/soreness	5 4 3 2 1		
		Sleep quality	5 4 3 2 1		
		Work/School Quality	5 4 3 2 1	Recovery Techniques used:	
		Nutrition	5 4 3 2 1	Recovery Score: _____/40 Total Recovery Score of 24 or less or any individual scores of 3 should be investigated by the coach.	