Key – Self Monitoring Training Log (Example)

Week Dates:	Smiley Face	Resting Heart Rate	Mood (Rate 1-5)	Sleep (Rate 1-5)	Weight	Muscle Soreness
Mon.	\odot	54	3	4	120	2
Tues.	©	55	2	4	120	3
Wed.	(1)	53	3	2	120	3
Thurs.	(1)	62	2	3	119	3
Fri.	8	64	2	1	118	4
Sat.	8	69	2	2	119	4
Sun.	⊕	58	4	3	120	3
Average.		59.3	2.6	2.7	119.43	3.1

Smiley Faces:



Draw this face if you feel Great!



Draw this face if you feel OK – just average.



Draw this face if you feel really low, slow, tired, and fatigued.

Resting (Basal) Heart Rate:

Athlete takes their hear rate every morning just after they wake up.. This should be done in a lying position on the bed for 30 seconds starting with a 0 count – then double the number counted for 30 seconds to get Beats Per Minute (BPM). Should become lower as athlete's fitness improves early in season then become consistent. Watch for a rise of 5-15 beats that stays elevated for several days.

Mood / Sleep / Muscle Soreness

Rate all of these on a scale of 1-5 with 1 being the lowest or worst and 5 being the highest or best. Mood is rated a "one" if you feel really low and in a bad mood and "five" is feeling great and fully charged ready to take on the world. Sleep is rated on quality rather than quantity with "one" being a terrible sleep (tossing and turning trying to sleep) and "five" meaning you fell asleep quickly and slept soundly most of the night. Muscle soreness sometimes takes a day to show up after a tough training session. A rating of "one" with muscle soreness means you feel like you lost a boxing match and a rating of "five" means you feel loose, strong and relaxed.

Note:

It is important to note that one of these signs may not mean anything at all. For example, a morning heart rate could be elevated if athletes drank a little too much caffeine the night before, went to bed dehydrated or had a scary dream. However, two or three of these signs together <u>may</u> indicate fatigue or impending illness.

SELF MONITORING TRAINING LOG Month:

Week D	Dates: Smiley Face		Resting Heart Rate	Mood	Sleep Quality	Weight		iscle reness	
N	Ion.								
Т	ues.								
	Ved.								
Thurs. Fri. Sat.									
				 	+				+
	Sun.								
Averag	e.								
									Rate: 1-10 1=poor
Data	Das		AM/PM	١,	Main Cat		C		10=great
Date:	Day	y:	AM	1	Main Set		Comments		
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Week D	ates:		niley ice	Resting Heart Rate	Mood	Sleep Quality	Weight		iscle reness
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M T V	Ion. Sues. Ved.				Mood		Weight		
M T V	Mon. Yues. Ved.				Mood		Weight		
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M T V Th	Mon. Yed. Ved. Tri. Sat.				Mood		Weight		
M T V Th	Mon. Yues. Ved. Turs.				Mood		Weight		
M T V Th	Mon. Tues. Ved. Turs. Fri. Sat.				Mood		Weight	Soi	reness
M T V Th	Mon. Tues. Ved. Turs. Fri. Sat.				Mood		Weight	Soi	Rate: 1-10
M T V Th	Mon. Tues. Ved. Tri. Sat. Sun.	Fa	ice	Heart Rate				Soi	Rate: 1-10
M T V Th	Mon. Tues. Ved. Turs. Fri. Sat.	Fa	AM/PM	Heart Rate	Mood Main Set		Comments	Soi	Rate: 1-10
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Week Da	ites:	Smiley Face	Resting Heart Rate	Mood	Sleep Quality	Weight	Muscle Soreness	
M	lon.							
	ues.							
	Wed.							
	Thurs.							
Fri. Sat. Sun.								
Average								
							Rate: 1-10 1=poor	
Date:	Day	AM/PM	,	Main Set		Comments	10=great	
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Week Da	Week Dates: Smiley Face		Resting Heart Rate	Mood Sleep Qualit		Weight Muscle Soreness		
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Average	· .						Rate: 1-10	
							1=poor	
Date:	Day	AM/PM		Main Set		Comments	10=great	
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	Mor	n PM						
	Tue	s PM						
	***	AM						
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		AM						
	Fri	AM PM						
	Fri Sat	AM PM AM						