

### 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.        | 😊           | 54                 | 3               | 4                | 120    | 2               |
| Tues.       | 😊           | 55                 | 2               | 4                | 120    | 3               |
| Wed.        | 😊           | 53                 | 3               | 2                | 120    | 3               |
| Thurs.      | 😊           | 62                 | 2               | 3                | 119    | 3               |
| Fri.        | 😞           | 64                 | 2               | 1                | 118    | 4               |
| Sat.        | 😞           | 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 heart 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 may indicate fatigue or impending illness.

**SELF MONITORING TRAINING LOG****Month:** \_\_\_\_\_

| <b>Week Dates:</b> | <b>Smiley Face</b> | <b>Resting Heart Rate</b> | <b>Mood</b> | <b>Sleep Quality</b> | <b>Weight</b> | <b>Muscle Soreness</b> |
|--------------------|--------------------|---------------------------|-------------|----------------------|---------------|------------------------|
| <b>Mon.</b>        |                    |                           |             |                      |               |                        |
| <b>Tues.</b>       |                    |                           |             |                      |               |                        |
| <b>Wed.</b>        |                    |                           |             |                      |               |                        |
| <b>Thurs.</b>      |                    |                           |             |                      |               |                        |
| <b>Fri.</b>        |                    |                           |             |                      |               |                        |
| <b>Sat.</b>        |                    |                           |             |                      |               |                        |
| <b>Sun.</b>        |                    |                           |             |                      |               |                        |
| <b>Average.</b>    |                    |                           |             |                      |               |                        |

| <b>Date:</b> | <b>Day:</b> | <b>AM/PM</b> | <b>Main Set</b> | <b>Comments</b> | <b>Rate: 1-10<br/>1=poor<br/>10=great</b> |
|--------------|-------------|--------------|-----------------|-----------------|---|
|              | Mon         | AM           |                 |                 |   |
|              |             | PM           |                 |                 |   |
|              | Tues        | PM           |                 |                 |   |
|              | Wed         | AM           |                 |                 |   |
|              |             | PM           |                 |                 |   |
|              | Thurs       | PM           |                 |                 |   |
|              | Fri         | AM           |                 |                 |   |
|              |             | PM           |                 |                 |   |
|              | Sat         | AM           |                 |                 |   |

| <b>Week Dates:</b> | <b>Smiley Face</b> | <b>Resting Heart Rate</b> | <b>Mood</b> | <b>Sleep Quality</b> | <b>Weight</b> | <b>Muscle Soreness</b> |
|--------------------|--------------------|---------------------------|-------------|----------------------|---------------|------------------------|
| <b>Mon.</b>        |                    |                           |             |                      |               |                        |
| <b>Tues.</b>       |                    |                           |             |                      |               |                        |
| <b>Wed.</b>        |                    |                           |             |                      |               |                        |
| <b>Thurs.</b>      |                    |                           |             |                      |               |                        |
| <b>Fri.</b>        |                    |                           |             |                      |               |                        |
| <b>Sat.</b>        |                    |                           |             |                      |               |                        |
| <b>Sun.</b>        |                    |                           |             |                      |               |                        |
| <b>Average.</b>    |                    |                           |             |                      |               |                        |

| <b>Date:</b> | <b>Day:</b> | <b>AM/PM</b> | <b>Main Set</b> | <b>Comments</b> | <b>Rate: 1-10<br/>1=poor<br/>10=great</b> |
|--------------|-------------|--------------|-----------------|-----------------|---|
|              | Mon         | AM           |                 |                 |   |
|              |             | PM           |                 |                 |   |
|              | Tues        | PM           |                 |                 |   |
|              | Wed         | AM           |                 |                 |   |
|              |             | PM           |                 |                 |   |
|              | Thurs       | PM           |                 |                 |   |
|              | Fri         | AM           |                 |                 |   |
|              |             | PM           |                 |                 |   |
|              | Sat         | AM           |                 |                 |   |

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|-----------------|-------------|--------------------|------|---------------|--------|-----------------|
| <b>Mon.</b>     |             |                    |      |               |        |                 |
| <b>Tues.</b>    |             |                    |      |               |        |                 |
| <b>Wed.</b>     |             |                    |      |               |        |                 |
| <b>Thurs.</b>   |             |                    |      |               |        |                 |
| <b>Fri.</b>     |             |                    |      |               |        |                 |
| <b>Sat.</b>     |             |                    |      |               |        |                 |
| <b>Sun.</b>     |             |                    |      |               |        |                 |
| <b>Average.</b> |             |                    |      |               |        |                 |

  

| Date: | Day:  | AM/PM | Main Set | Comments | Rate: 1-10<br>1=poor<br>10=great |
|-------|-------|-------|----------|----------|----------------------------------|
|       | Mon   | AM    |          |          |                                  |
|       |       | PM    |          |          |                                  |
|       | Tues  | PM    |          |          |                                  |
|       | Wed   | AM    |          |          |                                  |
|       |       | PM    |          |          |                                  |
|       | Thurs | PM    |          |          |                                  |
|       | Fri   | AM    |          |          |                                  |
|       |       | PM    |          |          |                                  |
|       | Sat   | AM    |          |          |                                  |

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| <b>Thurs.</b>   |             |                    |      |               |        |                 |
| <b>Fri.</b>     |             |                    |      |               |        |                 |
| <b>Sat.</b>     |             |                    |      |               |        |                 |
| <b>Sun.</b>     |             |                    |      |               |        |                 |
| <b>Average.</b> |             |                    |      |               |        |                 |

  

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|-------|-------|-------|----------|----------|----------------------------------|
|       | Mon   | AM    |          |          |                                  |
|       |       | PM    |          |          |                                  |
|       | Tues  | PM    |          |          |                                  |
|       | Wed   | AM    |          |          |                                  |
|       |       | PM    |          |          |                                  |
|       | Thurs | PM    |          |          |                                  |
|       | Fri   | AM    |          |          |                                  |
|       |       | PM    |          |          |                                  |
|       | Sat   | AM    |          |          |                                  |