

Introduction

Daily health monitoring helps provide a subjective indication of how an athlete is training during their season. This questionnaire should be done daily to help provide details to the individual or coach that could indicate the athlete is not getting enough sleep or eating insufficiently.

At the end of each day, total up each of the health values you give, to give yourself a score, that you hopefully can keep as high as possible by balancing sleep, hydration as well as your activity.

Day 1

Sleep

(1) Insomnia (2) Difficulty Sleeping (3) Restless (4) Good

Stress

(1) Highly Stressed (2) Stressed (3) Normal (4) Relaxed

Muscle Soreness

(1) Very Sore (2) Increasing Soreness (3) Normal (4) Good

Fatigue

(1) Always Tired (2) Mostly Tired (3) Normal (4) Fresh

Mood

(1) Irritable/Down (2) Snappiness (3) Less Interested Than Normal (4) Generally Good

Total:

Comments:

Day 2

Sleep

(1) Insomnia (2) Difficulty Sleeping (3) Restless (4) Good

Stress

(1) Highly Stressed (2) Stressed (3) Normal (4) Relaxed

Muscle Soreness

(1) Very Sore (2) Increasing Soreness (3) Normal (4) Good

Fatigue

(1) Always Tired (2) Mostly Tired (3) Normal (4) Fresh

Mood

(1) Irritable/Down (2) Snappiness (3) Less Interested Than Normal (4) Generally Good

Total:

Comments:



Day 3

Sleep

(1) Insomnia (2) Difficulty Sleeping (3) Restless (4) Good

Stress

(1) Highly Stressed (2) Stressed (3) Normal (4) Relaxed

Muscle Soreness

(1) Very Sore (2) Increasing Soreness (3) Normal (4) Good

Fatigue

(1) Always Tired (2) Mostly Tired (3) Normal (4) Fresh

Mood

(1) Irritable/Down (2) Snappiness (3) Less Interested Than Normal (4) Generally Good

Total:

Comments:

Day 4

Sleep

(1) Insomnia (2) Difficulty Sleeping (3) Restless (4) Good

Stress

(1) Highly Stressed (2) Stressed (3) Normal (4) Relaxed

Muscle Soreness

(1) Very Sore (2) Increasing Soreness (3) Normal (4) Good

Fatigue

(1) Always Tired (2) Mostly Tired (3) Normal (4) Fresh

Mood

(1) Irritable/Down (2) Snappiness (3) Less Interested Than Normal (4) Generally Good

Total:

Comments:



Day 5

Sleep

(1) Insomnia (2) Difficulty Sleeping (3) Restless (4) Good

Stress

(1) Highly Stressed (2) Stressed (3) Normal (4) Relaxed

Muscle Soreness

(1) Very Sore (2) Increasing Soreness (3) Normal (4) Good

Fatigue

(1) Always Tired (2) Mostly Tired (3) Normal (4) Fresh

Mood

(1) Irritable/Down (2) Snappiness (3) Less Interested Than Normal (4) Generally Good

Total:

Comments:

Day 6

Sleep

(1) Insomnia (2) Difficulty Sleeping (3) Restless (4) Good

Stress

(1) Highly Stressed (2) Stressed (3) Normal (4) Relaxed

Muscle Soreness

(1) Very Sore (2) Increasing Soreness (3) Normal (4) Good

Fatigue

(1) Always Tired (2) Mostly Tired (3) Normal (4) Fresh

Mood

(1) Irritable/Down (2) Snappiness (3) Less Interested Than Normal (4) Generally Good

Total:

Comments:



Day 7

Sleep

(1) Insomnia (2) Difficulty Sleeping (3) Restless (4) Good

Stress

(1) Highly Stressed (2) Stressed (3) Normal (4) Relaxed

Muscle Soreness

(1) Very Sore (2) Increasing Soreness (3) Normal (4) Good

Fatigue

(1) Always Tired (2) Mostly Tired (3) Normal (4) Fresh

Mood

(1) Irritable/Down (2) Snappiness (3) Less Interested Than Normal (4) Generally Good

Total:

Comments:



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Page 4 of 4.

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