Introduction

Daily health monitoring helps provide a subjective indication of how an athlete is training during their season. This questionnaire should be done da help provide details to the indavidual or coach that could indicate the athlete is not getting enough sleep or eating susufficiently. 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 possibly by bala 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:			



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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			
0.000			
(1) Insomnia	(2) Difficulty Sleeping	(3) Restless	(4) Good
	(2) Difficulty Sleeping	(3) Restless	(4) Good
(1) Insomnia	(2) Difficulty Sleeping (2) Stressed	(3) Restless (3) Normal	(4) Good (4) Relaxed
(1) Insomnia Stress			
(1) InsomniaStress(1) Highly Stressed			
(1) InsomniaStress(1) Highly StressedMuscle Soreness	(2) Stressed	(3) Normal	(4) Relaxed
 (1) Insomnia Stress (1) Highly Stressed Muscle Soreness (1) Very Sore 	(2) Stressed	(3) Normal	(4) Relaxed
 (1) Insomnia Stress (1) Highly Stressed Muscle Soreness (1) Very Sore Fatigue 	(2) Stressed (2) Increasing Soreness	(3) Normal (3) Normal	(4) Relaxed (4) Good
 (1) Insomnia Stress (1) Highly Stressed Muscle Soreness (1) Very Sore Fatigue (1) Always Tired 	(2) Stressed (2) Increasing Soreness	(3) Normal (3) Normal	(4) Relaxed (4) Good

Comments:



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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	(2) Difficulty Sleeping	(3) Restless	(4) Good
Stress (1) Highly Stressed	(2) Difficulty Sleeping(2) Stressed	(3) Restless(3) Normal	(4) Good (4) Relaxed
(1) Highly Stressed			
(1) Highly Stressed Muscle Soreness	(2) Stressed	(3) Normal	(4) Relaxed
(1) Highly StressedMuscle Soreness(1) Very Sore	(2) Stressed	(3) Normal	(4) Relaxed
(1) Highly StressedMuscle Soreness(1) Very SoreFatigue	(2) Stressed (2) Increasing Soreness	(3) Normal (3) Normal	(4) Relaxed (4) Good
 (1) Highly Stressed Muscle Soreness (1) Very Sore Fatigue (1) Always Tired 	(2) Stressed (2) Increasing Soreness	(3) Normal (3) Normal	(4) Relaxed (4) Good

Comments:



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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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