

Date: \_\_\_\_\_

## Athletic performance indicators

### How well did you sleep last night?

1 = terrible; 10 = awesome

1  2  3  4  5  6  7  8  9  10

### Overall, how's your mood today?

1 = terrible; 10 = awesome

1  2  3  4  5  6  7  8  9  10

### Overall, how's your energy today?

1 = exhausted; 10 = superstar!!

1  2  3  4  5  6  7  8  9  10

### Overall, how much do you feel like training today?

1 = ugh, no way; 10 = bring it on!!

1  2  3  4  5  6  7  8  9  10

### Overall, how's your physical health today?

1 = very sick or injured; 10 = 100% healthy & thriving

1  2  3  4  5  6  7  8  9  10

**Morning heart rate**

\_\_\_\_\_ BPM

**Morning temperature**

\_\_\_\_\_ °F / °C

**Morning HRV score**

\_\_\_\_\_



Date: \_\_\_\_\_

# Athletic nutrition journal

Instructions: Write down what you eat, and jot down a few notes about how you're feeling.

### Meal time

### What did you eat?

### How are you feeling?

Example:

7:00 AM

Black coffee

Trained on empty stomach; feeling wired then crashed.

9 AM

Gatorade  
Protein bar

Good for about an hour, but still hungry. Craving carbs.


