

| MONTH: BODY WEIGHT WEIGHT (kg) 5 4 3 2 1 0 -1 -2 -3 -4 -5 SLEEP HOURS 12+ 11 10 9 8 7 6 | DAY LOSE -5 -4 -3 -2 -1 0 1 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Vrite the | score in e | ach box). |
|--|--|---|----------|----------|---|---|-----|---|-----|-----------|------------|--|
| WEIGHT (kg) 5 4 3 2 1 0 -1 -2 -3 -4 -5 SLEEP HOURS 12 + 11 10 9 8 7 | -5 -4 -3 -2 -1 0 1 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | | | | | | 6 | 7 | 8 | 9 | 10 | 11 |
| 5 4 3 2 1 0 -1 -2 -3 -4 -5 SLEEP HOURS HOURS 12+ 11 10 9 8 7 | -5 -4 -3 -2 -1 0 1 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| 4 3 3 2 1 0 1 1 1 1 1 1 1 1 | -4 -3 -2 -1 0 1 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| 3 2 1 0 -1 -2 -3 -4 -5 SLEEP HOURS HOURS 12+ 11 10 9 8 7 | -3 -2 -1 0 1 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| 2 1 0 -1 -2 -3 -4 -5 SLEEP HOURS HOURS 12+ 11 10 9 8 7 | -2 -1 0 1 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| 1 0 0 -1 -2 -3 -4 -5 SLEEP HOURS HOURS 12 + 11 10 9 8 7 | -1 0 1 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| 0 -1 -2 -3 -4 -5 SLEEP HOURS HOURS 12 + 11 10 9 8 7 | 0 1 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| -1 -2 -3 -4 -5 SLEEP HOURS HOURS 12+ 11 10 9 8 7 | 1 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| -2 -3 -4 -5 SLEEP HOURS HOURS 12+ 11 10 9 8 7 | 2 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| -3 -4 -5 SLEEP HOURS HOURS 12 + 11 -10 -9 -8 7 | 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| -3 -4 -5 SLEEP HOURS HOURS 12 + 11 -10 -9 -8 7 | 3 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| -4 -5 SLEEP HOURS HOURS 12 + 11 10 9 8 7 | 4 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| -5 SLEEP HOURS HOURS 12 + 11 10 9 8 7 | 5 SCORE 4 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | · |
| SLEEP HOURS | 3 2 1 0 -1 -2 -3 | 1 | 2 | 3 | 4 | 5 | | | | | | |
| 12 + 11 10 9 8 7 | 4 3 2 1 0 -1 -2 -3 | | 2 | | 7 | | 6 | 7 | 8 | 9 | 10 | 11 |
| 11 10 9 8 7 | 3 2 1 0 -1 -2 -3 | | | | | | - 0 | , | - 0 | 9 | 10 | |
| 10 9 8 7 | 2 1 0 -1 -2 -3 | | | | | | | | | | | |
| 9 8 7 | 1 0 -1 -2 -3 | | - | t | | | | | | | | |
| 8 7 | 0 -1 -2 -3 | | | 1 | | | | | | | | |
| 7 | -1 -2 -3 | | - | - | | | | | | | | |
| | -2 -3 | | <u> </u> | <u> </u> | | | | | | | | |
| 1 6 | -3 | | | | | | | | | | | |
| | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | |
| 4 | -4 | | | | | | | | | | | |
| 3- | -5 | | | | | | | | | | | |
| SLEEP QUALITY | DAY: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| VERY DEEP | 2 | | | | | | | | | | | |
| NORMAL | 0 | | | | | | | | | | | |
| RESTLESS | -2 | | | | | | | | | | | |
| MENTAL CLARITY | DAY: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| VERY CLEAR | 2 | | | | | | | | | | | |
| NORMAL | 0 | | | | | | | | | | | |
| FOGGY | -2 | | | | | | | | | | | |
| TIREDNESS SENSATION | DAY: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| RESTED | 2 | | | | | | | | | | | |
| NORMAL | 0 | | | | | | | | | | | |
| TIRED | -2 | | | | | | | | | | | |
| BOLT SCORE | DAY: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| HIGHER | 2 | | | | | | | | | | | |
| NORMAL | 0 | | | | | | | | | | | |
| LOWER | -2 | | | | | | | | | | | |
| TRAINING WILLINGNESS | DAY: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| HIGH | 2 | | | | | | | | | | | |
| ABOVE AVG. | 1 | | 1 | 1 | | | | | | | | |
| AVERAGE | 0 | | | | | | | | | | | |
| LOW | -1 | | | | | | | | | | | |
| NOT AT ALL | -2 | | | | | | | | | | | |
| APPETITE | DAY: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| VERY GOOD | 2 | - | | 3 | 7 | J | - | • | U | 3 | 10 | |
| GOOD | 1 | | | | | | | | | | | |
| | | | 1 | 1 | | | | | | | | |
| | | | | | | | | | | | | |
| POOR -1 | | | - | - | | | | | | | | |
| NOT AT ALL -2 | | 4 | | _ | | - | _ | - | • | ^ | 40 | 44 |
| OVERALL SORENESS | DAY: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| NONE | 2 | | | | | | | | | | | |
| SLIGHT | 0 | | ļ | ļ | | | | | | | | |
| MILD (3-4) | -2 | | | | | | | | | | | |
| MODERATE (5-7) | -4 | | | | | | | | | | | |
| EXTREME (8-10) | -6 | | | | | | | | | | | |
| TOTAL SCORE | | | | | | | | | | | i l | |



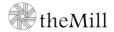
| MONTH: DAY 12 13 14 15 16 17 18 19 20 | ne score in each box | | 1 1 | | | | | | | NAME: | | | MONTH: | | | |
|--|----------------------|----|--|------|----|----|-------|----|----|-------|--------------------------|---------------|----------------|--|--|--|
| WEIGHT (kg) GAIN LOSE | 21 22 | 20 | | | | | NAME: | | | | | | | | | |
| S -5 | | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | DAY | | BODY WEIGHT | | | |
| 4 | | | | | | | | | | | LOSE | GAIN | WEIGHT (kg) | | | |
| 3 -3 | | | | | | | | | | | -5 | 5 | | | | |
| 2 | | | | | | | | | | | -4 | 4 | | | | |
| 1 -1 0 0 0 | | | | | | | | | | | -3 | 3 | | | | |
| 0 | | | | | | | | | | | -2 | 2 | | | | |
| -1 1 1 | | | | | | | | | | | -1 | 1 | | | | |
| -2 2 | | | | | | | | | | | 0 | 0 | | | | |
| -3 3 | | | | | | | | | | | 1 | -1 | | | | |
| -4 | | | | | | | | | | | 2 | -2 | | | | |
| SLEEP HOURS HOURS SCORE 12 13 14 15 16 17 18 19 20 | | | | | | | | | | | 3 | -3 | | | | |
| SLEEP HOURS HOURS SCORE 12 13 14 15 16 17 18 19 20 12 + 4 15 16 17 18 19 20 SLEEP QUALITY DAY: 12 13 14 15 16 17 18 19 20 VERY DEEP 2 2 2 2 2 2 3 3 3 3 3 3 4 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<> | | | | | | | | | | | | | | | | |
| 12+ 4 | | | | | | | | | | | _ | | | | | |
| 11 3 | 21 22 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | SCORE | HOURS | SLEEP HOURS | | | |
| 10 2 | | | | | | | | | | | | 12 + | | | | |
| 9 1 | | | | | | | | | | | 3 | 11 | | | | |
| 8 0 7 -1 6 -2 5 -3 4 -4 3- -5 SLEEP QUALITY DAY: 12 13 14 15 16 17 18 19 20 VERY DEEP 2 0 | | | | | | | | | | | 2 | 10 | | | | |
| 7 -1 | | | | | | | | | | | | | | | | |
| 6 -2 | | | | | | | | | | | 0 | 8 | | | | |
| 5 -3 | | | | | | | | | | | -1 | 7 | | | | |
| 4 -4 | | | | | | | | | | | | | | | | |
| 3- -5 | | | | | | | | | | | -3 | 5 | | | | |
| SLEEP QUALITY DAY: 12 13 14 15 16 17 18 19 20 VERY DEEP 2 | | | | | | | | | | | -4 | 4 | | | | |
| VERY DEEP 2 NORMAL 0 RESTLESS -2 | | | | | | | | | | | -5 | 3- | | | | |
| NORMAL 0 RESTLESS -2 | 21 22 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | DAY: | | SLEEP QUALITY | | | |
| RESTLESS -2 | | | | | | | | | | | 2 | | VERY DEEP | | | |
| | | | | | | | | | | | 0 | | NORMAL | | | |
| MENTAL CLARITY DAY: 12 13 14 15 16 17 18 19 20 | | | | | | | | | | | -2 | | | | | |
| | 21 22 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | DAY: | | MENTAL CLARITY | | | |
| VERY CLEAR 2 | | | | | | | | | | | 2 | | VERY CLEAR | | | |
| NORMAL 0 | | | | | | | | | | | 0 | | | | | |
| FOGGY -2 | | | | | | | | | | | -2 | | FOGGY | | | |
| TIREDNESS SENSATION DAY: 12 13 14 15 16 17 18 19 20 | 21 22 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | DAY: | | | | | |
| RESTED 2 | | | | | | | | | | | 2 | | | | | |
| NORMAL 0 | | | | | | | | | | | 0 | | | | | |
| TIRED -2 | | | | | | | | | | | | | | | | |
| BOLT SCORE DAY: 12 13 14 15 16 17 18 19 20 | 21 22 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | | | | | | |
| HIGHER 2 | | | | | | | | | | | 2 | HIGHER 2 | | | | |
| NORMAL 0 | | | | | | | | | | | | NORMAL 0 | | | | |
| LOWER -2 | | | | | | | | | | | -2 | | | | | |
| | 21 22 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | | SNESS | | | | |
| HIGH 2 | \bot | | | | | | | | | | | | | | | |
| ABOVE AVG. 1 | \bot | | | | | | | | | | | | | | | |
| AVERAGE 0 | | | | | | | | | | | | | | | | |
| LOW -1 | | | | | | | | | | | | | | | | |
| NOT AT ALL -2 | | | | | | | | | | | | | | | | |
| | 21 22 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | | | | | | |
| VERY GOOD 2 | | | | | | | | | | | | | | | | |
| GOOD 1 | | | | | | | | | | | | | | | | |
| NORMAL 0 | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | NOT AT ALL -2 | | | | |
| | 21 22 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | | SS | | | | |
| NONE 2 | | | | | | | | | | | | | | | | |
| SLIGHT 0 | | | | | | | | | | | | | | | | |
| MILD (3-4) -2 | | | | | | | | | | | | | | | | |
| MODERATE (5-7) -4 | | | | | | | | | | | | | | | | |
| | | • | 1 | il . | | | | | | | EXTREME (8-10) -6 | | | | | |
| TOTAL SCORE | | | | | | | | | | | -6 | | | | | |

PRINTED: 12/4/22



| MONTH: | | | NAME: (Write the s | | | | | | | | | |
|----------------|-------|----------|--------------------|----|----|----|----|--------------|----|------|----------|--|
| BODY WEIGHT | | DAY | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| VEIGHT (kg) | GAIN | LOSE | 23 | 24 | 20 | 20 | 21 | 20 | 29 | 30 | 31 | |
| VLIGITI (kg) | 5 | -5 | | | | | | | | | | |
| | 4 | -4 | | | | | | | | | | |
| | 3 | -3 | | | | | | | | | | |
| | 2 | -2 | | | | | | | | | + | |
| | 1 | -1 | | | | | | | | | | |
| | 0 | 0 | | | | | | | | | | |
| | -1 | 1 | | | | | | | | | | |
| | -2 | 2 | | | | | | | | | | |
| | -3 | 3 | | | | | | | | | | |
| | -4 | 4 | | | | | | | | | + | |
| | -5 | 5 | | | | | | | | | | |
| EEP HOURS | HOURS | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| LI HOOKO | 12 + | 4 | 25 | 27 | 20 | 20 | Li | 20 | 23 | 30 | 31 | |
| | 11 | 3 | | | | | | | | | + | |
| | 10 | 2 | | | | | | | | | 1 | |
| | 9 | 1 | | | | | | | | | 1 | |
| | 8 | 0 | | | | | | | | | 1 | |
| | 7 | -1 | | | | | | | | | 1 | |
| | 6 | -2 | | | | | | | | | + | |
| | 5 | -3 | | | | | | | | | 1 | |
| | 4 | -3 -4 | | | | | | | | | 1 | |
| | 3- | -5 | | | | | | | | | | |
| EP QUALITY | Ŭ | DAY: | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| | | 2 | | | | | | | | - 55 | <u> </u> | |
| ORMAL 0 | | | | | | | | | | | 1 | |
| | | -2 | | | | | | | | | | |
| ITAL CLARITY | • | DAY: | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| YCLEAR | | 2 | | | | | | | | | | |
| RMAL | | 0 | | | | | | | | | | |
| GY | | -2 | | | | | | | | | | |
| DNESS SENSA | ATION | DAY: | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| ESTED : | | 2 | | | | | | | | | | |
| ORMAL 0 | | 0 | | | | | | | | | | |
| | | -2 | | | | | | | | | | |
| T SCORE | | DAY: | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| HER | | 2 | | | | | | | | | | |
| RMAL | | 0 | | | | | | | | | | |
| WER | | -2 | | | | | | | | | | |
| AINING WILLING | GNESS | DAY: | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| Н | | 2 | | | | | | | | | | |
| OVE AVG. | | 1 | | | | | | | | | | |
| RAGE | | 0 | | | | | | | | | | |
| W | | -1 | | | | | | | | | | |
| T AT ALL | | -2 | | | | | | | | | | |
| PETITE | | DAY: | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| RY GOOD | | 2 | | | | | | | | | | |
| OD | | 1 | | | | | | | | | | |
| RMAL | | 0 | | | | | | | | | | |
|)R | | -1 | | | | | | | | | | |
| TAT ALL | | -2 | | | | | | | | | | |
| RALL SORENE | ESS | DAY: | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| NE . | | 2 | | | | | | | | | | |
| SHT | | 0 | | | | | | | | | | |
| D (3-4) | | -2 | | | | | | | | | | |
| DERATE (5-7) | | -4 | | | | | | | | | | |
| TREME (8-10) | | -6 | | | | | | | | | | |
| TAL SCORE | | | | | | | | | | | | |

Please make a copy of these blank sheets for evey month of training.



HOW TO USE THIS JOURNAL

| - | | | | HOW TO USE THIS SOURIAL |
|-----------------|-------|-------|----|--|
| BODY WEIGHT | | DAY | 14 | |
| WEIGHT (kg) | GAIN | LOSE | | WEIGH YOURSELF AT THE START OF THIS PROGRAM ('STARTING WEIGHT'). |
| | 5 | -5 | | IF YOU ARE PLANNING TO <u>LOSE</u> WEIGHT THEN ADD A SCORE TO THE 'LOSE' COLU! |
| | 4 | -4 | | IF YOU ARE PLANNING TO <u>GAIN</u> WEIGHT THEN ADD A SCORE TO THE 'GAIN' COLUN |
| | 3 | -3 | | |
| | 2 | -2 | | IN THIS EXAMPLE THE ATHLETE IS TRYING TO GAIN WEIGHT. |
| | 1 | -1 | 1 | THIS MORNING THEY WEIGHED IN AT 1KG MORE THAN THEIR STARTING WEIGHT |
| | 0 | 0 | | |
| | -1 | 1 | | |
| | -2 | 2 | | |
| | -3 | 3 | | |
| | -4 | 4 | | |
| | -5 | 5 | | |
| SLEEP HOURS | | SCORE | 14 | |
| 0222. 1100110 | 12+ | 4 | | |
| | 11 | 3 | | |
| | 10 | 2 | | |
| | 9 | 1 | | |
| | 8 | 0 | | |
| | 7 | -1 | -1 | LAST NIGHT THE ATHLETE ACHIEVED 7 HOURS OF SLEEP. |
| | 6 | -2 | | 1 |
| | 5 | -2 | | |
| | | | | |
| | 4 | -4 | | |
| OLEED OLIALIEV | 3- | -5 | 44 | |
| SLEEP QUALITY | | DAY: | 14 | LACT MOUT THE ATHLETE AGNIEWED THOUSE OF DEED OF EED |
| VERY DEEP | | 2 | 2 | LAST NIGHT THE ATHLETE ACHIEVED 7 HOURS OF DEEP SLEEP. |
| NORMAL | | 0 | | |
| RESTLESS | | -2 | | |
| MENTAL CLARITY | | DAY: | 14 | |
| VERY CLEAR | | 2 | _ | |
| NORMAL | | 0 | 0 | THIS MORNING THE ATHLETE FELT THAT THEIR MENTAL CLARITY WAS THE SAME |
| FOGGY | | -2 | | AS USUAL. |
| TIREDNESS SENS | ATION | DAY: | 14 | |
| RESTED | | 2 | | |
| NORMAL | | 0 | | |
| TIRED | | -2 | -2 | THEY FELT THAT THEY WOKE UP TIRED. |
| BOLT SCORE | | DAY: | 14 | |
| HIGHER | | 2 | | |
| NORMAL | | 0 | | |
| LOWER | | -2 | ď | THEY SCORED SLIGHTLY LOWER THAN THEIR AVERAGE BOLT SCORE |
| TRAINING WILLIN | GNESS | DAY: | 14 | |
| HIGH | | 2 | | |
| ABOVE AVG. | | 1 | | |
| AVERAGE | | 0 | | |
| LOW | | -1 | -2 | THEY FELT LESS WILLING TO TRAIN THAN USUAL. |
| NOT AT ALL | | -2 | | |
| APPETITE | | DAY: | 14 | |
| VERY GOOD | | 2 | 2 | WOKE UP VERY HUNGRY AND THEY ATE WELL THROUGHOUT THE DAY. |
| GOOD | | 1 | | |
| NORMAL | | 0 | | |
| POOR | | -1 | | |
| NOT AT ALL | | -2 | | |
| OVERALL SOREN | ESS | DAY: | 14 | |
| NONE | | 2 | | |
| SLIGHT | | 0 | | |
| MILD (3-4) | | -2 | | |
| MODERATE (5-7) | | -4 | -4 | THEY FELT GENERALLY OK BUT VERY SORE IN AREAS WHICH THEY WORKED |
| EXTREME (8-10) | | -6 | • | HARD OVER THE PAST 3 DAYS. |
| TOTAL SCORE | | | -6 | |
| . JIME JOURE | | | | I |

AT THE END OF THE MONTH CALCULATE THE AVERAGE SCORE FOR THAT PERIOD.

AFTER 28-DAYS IF THE AVERAGE DAILY TOTAL IS:

BELOW ZERO: INDICATES THAT THE OVERALL VOLUME & INTENSITY OF THE PROGRAM IS TO HIGH. ZERO TO +2: INDICATES THAT THE OVERALL VOLUME & INTENSITY OF THE PROGRAM IS JUST RIGHT. 3+ OR ABOVE: INDICATES THAT THE OVERALL VOLUME & INTENSITY OF THE PROGRAM IS TOO LIGHT.