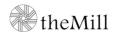


MONTH:			NAME:							()	Mrito tho	score in e	ach hov)
BODY WEIGHT		DAY		2	3	4	5	6	7	8	9	10	11
WEIGHT (kg)	GAIN	LOSE										10	
WEIGHT (kg)	5	-5											
	4	-4											
	3	-3											
	2	-2											
	1	-2											
	0	0											
	-1	1											
	-1	2											
	-2	3											
	-3	4											
	-4	5											
		SCORE	1	2	3	4	5	6	7	8	9	10	11
SLEEP HOURS	12 +	4	1	2	<u>з</u>	4	5	0	/	0	9	10	- 11
	12 +	4											
	10	2											
	9	1											
	8	0											
	7	-1											
	6	-2											
	5	-3											
	4	-4											
	3-	-5											
SLEEP QUALITY		DAY:	1	2	3	4	5	6	7	8	9	10	11
VERY DEEP		2 0											
NORMAL													
RESTLESS		-2											
MENTAL CLARITY		DAY:	1	2	3	4	5	6	7	8	9	10	11
VERY CLEAR		2											
NORMAL		0											
		-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			ļ			ļ			ļ	ļ	
LOWER	_	-2											
TRAINING WILLING	GNESS	DAY:	1	2	3	4	5	6	7	8	9	10	11
HIGH		2			ļ			ļ			ļ	ļ	
ABOVE AVG.		1			ļ			ļ			ļ	ļ	
AVERAGE		0			ļ			ļ			ļ	ļ	
		-1			ļ			ļ			ļ	ļ	
NOT AT ALL	_	-2											
APPETITE		DAY:	1	2	3	4	5	6	7	8	9	10	11
VERY GOOD		2											
GOOD													
NORMAL		0											
POOR		-1											
NOT AT ALL		-2											
OVERALL SORENE	SS	DAY:	1	2	3	4	5	6	7	8	9	10	11
NONE 2		2											
SLIGHT		0											
MILD (3-4)													
MODERATE (5-7) -4		-4											
EXTREME (8-10) -6		-6											
TOTAL SCORE													



BODY WEIGHT       DAY       12       13       14       15       16       17       18       19       20       21       22         WEIGHT (kg)       GAN       LOSE	MONTH:			NAME:							()	Mrito tho	score in e	ach box)
WEIGHT (log)   CAN   LOSE   Image: Constraint of the sector of					13	1/	15	16	17	18	· · · · ·			
S       S		GAIN		12	13	14	13	10		10	13	20	21	
4														
3   -3   -3   -3   -4   <														
2   -2   -2   -2   -4   <														
1 <td></td>														
0   0   0   0   0   0   0   0   0   0   0   0   0     -1   1   1   0   0   0   0   0   0   0   0     -3   3   0   0   0   0   0   0   0   0     -4   4   0   0   0   0   0   0   0     -5   5   0   0   0   0   0   0   0     11   3   0   0   0   0   0   0   0     9   1   0   0   0   0   0   0   0   0     9   1   0   0   0   0   0   0   0   0     6   2   0   0   0   0   0   0   0   0     13   3   0   0   0   0   0   0   0   0     14   14   14   15   16   17   18   19   20   21     VER OLEP   2   0   0   0   0   0   0     NORMAL   0   0														
-1   1 </td <td></td>														
-2   2   2   2   1   1   1   1   1   1   1   1   1   1     -3   3   -4   -4														
-3   3   3   1   1   1   1   1   1   1   1   1   1     -6   5   1<														
Image   Image <														
···   ···   ···   ···   ···   ···   ···   ···   ···   ···   ···   ···     SLEEP HOURS   12   13   14   15   16   17   18   19   20   21   22     111   3   ···   ···   ···   ···   ···   ···   ···   ···   ···   ···     10   2   ···   ···   ···   ···   ···   ···   ···   ···   ···   ···     9   1   ···														
SLEEP HOURS   HOURS   SCORE   12   13   14   15   16   17   18   19   20   21   22     11   3   - </td <td></td>														
12+   4   1			-											
11   3              10   2              9   1              8   0             6   -2             4              3              NORMAL   0             NORMAL   0             NORMAL   0             NORMAL   0 </td <td>SLEEP HOURS</td> <td></td> <td></td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td>	SLEEP HOURS			12	13	14	15	16	17	18	19	20	21	22
10   2   1   1   1   1   1   1   1   1   1     8   0   1   1   1   1   1   1   1   1     6   -2   1   1   1   1   1   1   1     6   -2   1   1   1   1   1   1   1     4   -4   1   1   16   17   18   19   20   21     3.   -5   1   16   17   18   19   20   21   22     VERV DEEP   2   12   13   14   15   16   17   18   19   20   21   22     VERV DEEP   2   12   13   14   15   16   17   18   19   20   21   22     VERV CLEAR   2   12   13   14   15   16   17   18   19   20   21   22     NORMAL   0   2   2   14   15   16   17   18   19   20   21   22     RESTED   2   2   14   15   16   17   18														
9   1														
8   0														
7   .1 <td></td>														
6   -2   <			0											
5  3              3-   -5              SLEEP QUALITY   DAY:   12   13   14   15   16   17   18   19   20   21   22     VERY DEEP   2              NORMAL   0              WERY CLEAR   2		7	-1											
4   -4   -5   -5   -7   -7   -7   -7   -7   -7     SLEEP QUADEP   DAY:   12   13   14   15   16   17   18   19   20   21   22     VERY DEEP   2   -   -   -   -   -   -   -   -   -     NORMAL   0   -   -   -   -   -   -   -   -     MENTAL CLARITY   DAY:   12   13   14   15   16   17   18   19   20   21   22     VERY OLEAR   2   -   -   -   -   -   -   -     NORMAL   0   -   12   13   14   15   16   17   18   19   20   21   22     VERY OLEAR   2   -   -   -   -   -   -   -     NORMAL   0   -   2   -   -   -   -   -   -     ITREDNESS SENSATION   DAY:   12   13   14   15   16   17   18   19   20   21   22     RESTED   -2   -2   -		6	-2											
3.  5              SLEEP QUALITY   DAY:   12   13   14   15   16   17   18   19   20   21   22     NORMAL   0              RESTLESS   -2              MENTAL CLARITY   DAY:   12   13   14   15   16   17   18   19   20   21   22     VERY CLEAR   2              NORMAL   0 <td></td> <td>5</td> <td>-3</td> <td></td>		5	-3											
SLEEP QUALITY     DAY:     12     13     14     15     16     17     18     19     20     21     22       VERY DEEP     2     -     11     -     13     14     15     16     17     18     19     20     21     22     -     -     -		4	-4											
VERY DEEP     2     1 <th1<< td=""><td></td><td>3-</td><td>-5</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th1<<>		3-	-5											
NORMAL     0 <th< td=""><td>SLEEP QUALITY</td><td></td><td>DAY:</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></th<>	SLEEP QUALITY		DAY:	12	13	14	15	16	17	18	19	20	21	22
RESTLESS     -2     -2     -2     -1     -1     -1     -1     -1     -1     -1     -1     -1     -1     18     19     20     21     22       VERY CLEAR     2     -<	VERY DEEP		2											
RESTLESS     -2     -2     -2     -1     -1     -1     -1     -1     -1     -1     -1     -1     -1     18     19     20     21     22       VERY CLEAR     2     -<	NORMAL		0											
VERY CLEAR     2     1	RESTLESS		-2											
VERY CLEAR     2     1	MENTAL CLARITY		DAY:	12	13	14	15	16	17	18	19	20	21	22
NORMAL     0 <th< td=""><td colspan="2"></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></th<>														
FOGGY    2 <th< td=""><td></td><td></td><td>0</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>			0											
TIREDNESS SENSATION   DAY:   12   13   14   15   16   17   18   19   20   21   22     RESTED   2														
RESTED     2 <th< td=""><td></td><td colspan="2"></td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></th<>				12	13	14	15	16	17	18	19	20	21	22
NORMAL     0 <th< 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><td></td></th<>		-			-									
TIRED     -2     V <td></td>														
BOLT SCORE   DAY:   12   13   14   15   16   17   18   19   20   21   22     HIGHER   2														
HIGHER     2				12	13	14	15	16	17	18	19	20	21	22
NORMAL     0 <th< td=""><td></td><td></td><td></td><td></td><td>10</td><td>••</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>					10	••								
LOWER     -2     -2     -2     -1     -2     13     14     15     16     17     18     19     20     21     22       HIGH     2     -<														
TRAINING WILLINGNESS     DAY:     12     13     14     15     16     17     18     19     20     21     22       HIGH     2														
HIGH     2     Image: constraint of the system		INFSS		12	13	14	15	16	17	18	10	20	21	22
ABOVE AVG.     1     Image: constraint of the symbolic constrelation of the symbolic constraint of the				12	15	14	13	10	17	10	13	20	21	-
AVERAGE     0     Image: marked m														
LOW     -1     Image: constraint of the symbol constraint of the sym														
NOT AT ALL     -2     Image: mark of the stress														
APPETITE       DAY:       12       13       14       15       16       17       18       19       20       21       22         VERY GOOD       2 <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><td></td></t<>														
VERY GOOD       2				40	40	44	45	40	47	40	40			00
GOOD     1     Image: Constraint of the system				12	13	14	15	16	1/	18	19	20	21	22
NORMAL     0														
POOR     -1     Image: Constraint of the state of the st														
NOT AT ALL     -2     Image: Constraint of the system of the									ļ			ļ		
OVERALL SORENESS       DAY:       12       13       14       15       16       17       18       19       20       21       22         NONE       2									ļ			ļ		
NONE     2     Image: Constraint of the system														
SLIGHT     0				12	13	14	15	16	17	18	19	20	21	22
MILD (3-4)     -2     Image: Constraint of the second									ļ			ļ		
MODERATE (5-7)       -4 <th< th=""></th<>									ļ			ļ		
EXTREME (8-10) -6	· · · · ·													
	· · · ·													
TOTAL SCORE														
	TOTAL SCORE													



MONTH	:	NAME: (Wri									Write the s
BODY WEIGHT		DAY	23	24	25	26	27	28	29	30	31
VEIGHT (kg)	GAIN	LOSE									
	5	-5									
	4	-4									
	3	-3									
	2	-2									
	1	-1									
	0	-1									
	-1	1									
	-1	2									
	-3	3									
	-4	4									
	-5	5									
SLEEP HOURS		SCORE	23	24	25	26	27	28	29	30	31
	12 +	4									
	11	3									
	10	2									
	9	1									
	8	0									
	7	-1									
	6	-2									
	5	-3									
	4	-4									
	3-	-5									
SLEEP QUALITY		DAY:	23	24	25	26	27	28	29	30	31
/ERY DEEP		2									
NORMAL		0									
RESTLESS		-2									
MENTAL CLARITY	1	DAY:	23	24	25	26	27	28	29	30	31
/ERY CLEAR		2									
IORMAL		0									
OGGY		-2									
TIREDNESS SENSATION		DAY:	23	24	25	26	27	28	29	30	31
RESTED		2					-				
NORMAL		0									
		-2				L	L				
BOLT SCORE		DAY:	23	24	25	26	27	28	29	30	31
HIGHER		2	23	24	23	20	21	20	23	- 30	51
NORMAL		0									
		-2			<u> </u>						┝──┤
	CNESS		22	24	<b>2</b> E	26	27	20	20	20	24
	GNE22	DAY:	23	24	25	26	27	28	29	30	31
HIGH		2									
ABOVE AVG.		1									
AVERAGE		0									
		-1									
NOT AT ALL		-2					-				
APPETITE		DAY:	23	24	25	26	27	28	29	30	31
VERY GOOD		2									
GOOD		1									
NORMAL		0									
POOR		-1									
NOT AT ALL		-2									
OVERALL SOREN	ESS	DAY:	23	24	25	26	27	28	29	30	31
NONE		2									
SLIGHT		0									
MILD (3-4)		-2									
		-4									
		-4									
MODERATE (5-7) EXTREME (8-10)		-4									



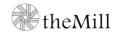
BODY WEIGHT		DAY	14	HOW TO USE THIS JOURNAL
WEIGHT (kg)	GAIN	LOSE		WEIGH YOURSELF AT THE START OF THIS PROGRAM ('STARTING WEIGHT').
	5	-5		IF YOU ARE PLANNING TO LOSE WEIGHT THEN ADD A SCORE TO THE 'LOSE' COLUN
	4 -4			IF YOU ARE PLANNING TO GAIN WEIGHT THEN ADD A SCORE TO THE EASI OLD W
	3	-4		II TOO ARET EARINING TO <u>DAIN</u> WEIGHT THEN ADD A SCORE TO THE DAIN COEDIU
	2	-3		IN THIS EXAMPLE THE ATHLETE IS TRYING TO GAIN WEIGHT.
	1	-2	1	THIS MORNING THEY WEIGHED IN AT 1KG MORE THAN THEIR STARTING WEIGHT
	0	-1	4	THIS MORNING THET WEIGHED IN AT ING MORE THAN THEIR STARTING WEIGHT
	-1	1		
	-1	2		
	-2	3		
	-3	4		
	-4	4 5		
	-	-	44	
SLEEP HOURS		SCORE	14	
	12 +	4		
	11	3		
	10	2		
	9	1		
ļ	8	0		
	7	-1	-1	LAST NIGHT THE ATHLETE ACHIEVED 7 HOURS OF SLEEP.
	6	-2		
	5	-3		
	4	-4		
	3-	-5		
SLEEP QUALITY		DAY:	14	
VERY DEEP		2	ิต	LAST NIGHT THE ATHLETE ACHIEVED 7 HOURS OF DEEP SLEEP.
NORMAL		0		
RESTLESS	-	-2		
MENTAL CLARIT	Y	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	ų	THEY FELT THAT THEY WOKE UP TIRED.
BOLT SCORE		DAY:	14	
HIGHER		2		
NORMAL		0		
LOWER		-2	ų	THEY SCORED SLIGHTLY LOWER THAN THEIR AVERAGE BOLT SCORE
TRAINING WILLIN	IGNESS	DAY:	14	
HIGH		2		
ABOVE AVG.		1		
AVERAGE		0		
LOW		-1	ĥ	THEY FELT LESS WILLING TO TRAIN THAN USUAL.
		-2		
		DAY:	14	
VERY GOOD		2	2	WOKE UP VERY HUNGRY AND THEY ATE WELL THROUGHOUT THE DAY.
GOOD		1		
NORMAL		0		
POOR		-1 -2		
NOT AT ALL	FCC		4.4	
OVERALL SOREN	233	DAY:	14	
NONE		2		
SLIGHT		0		
MILD (3-4)		-2		
MODERATE (5-7)		-4 -6	-4	THEY FELT GENERALLY OK BUT VERY SORE IN AREAS WHICH THEY WORKED
EXTREME (8-10)		-0		HARD OVER THE PAST 3 DAYS.
TOTAL SCORE			-6	

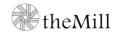
#### HOW TO USE THIS JOURNAL

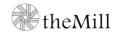
AT THE END OF THE MONTH CALCULATE THE AVERAGE SCORE FOR THAT PERIOD.

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.









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