

# FOOD JOURNAL

## Athletic Performance Indicators

NAME \_\_\_\_\_

DATE \_\_\_\_\_

**How well did you sleep last night?**

TERRIBLE

1

2

3

4

5

6

7

8

9

10

AWESOME

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

TERRIBLE

1

2

3

4

5

6

7

8

9

10

AWESOME

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

EXHAUSTED

1

2

3

4

5

6

7

8

9

10

SUPERSTAR

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

UGH,  
NO WAY

1

2

3

4

5

6

7

8

9

10

BRING  
IT ON!!

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

VERY  
SICK OR  
INJURED

1

2

3

4

5

6

7

8

9

10

100%  
HEALTHY  
& THRIVING

MORNING HEART RATE

MORNING TEMPERATURE

MORNING HEART RATE VARIABILITY (HRV) SCORE

\_\_\_\_\_

BMP

\_\_\_\_\_

°F / °C