

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