Ready for today's work

Notice anything that may affect training and bring useful information to your coach, athletic trainer or appropriate support person.

DATE

TRAINING / SESSION

ANYTHING AFFECTING TODAY'S TRAINING?

- ☐ Sleep
- ☐ Soreness
- ☐ Illness
- ☐ Injury
- ☐ Stress
- ☐ Travel / schedule
- ☐ Other

WHAT I NOTICED

WHAT MY COACH / TRAINER SHOULD KNOW

AN ADJUSTMENT WE AGREED ON / A QUESTION I WANT TO ASK

Use this page to notice and communicate, not diagnose. Download this template or use the companion: athleteperformancepress.com/journal-pages/