

Daily Wellness Monitoring Questionnaire

Athlete Monitoring	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep start / finish	/	/	/	/	/	/	/
Hours of sleep							
Quality of sleep (1-5)							
Restedness (1-5)							
Willingness to train (1-5)							
Soreness/Ache (1-5)							
Illness/Sickness (1 or 2)							
Did you modify training yesterday because of illness, soreness or other circumstances? (Yes or No)							
Regeneration Points							

Quality of sleep

1. Very bad
2. Bad
3. Fair
4. Good
5. Very good

Restedness

1. Very tired
2. Tired
3. Rested
4. Well rested
5. Very well rested

Willingness to train

1. Dreading it
2. Not looking forward to it
3. Could take it or leave it
4. Keen
5. Super keen

Soreness/Ache

1. Very sore
2. Pretty sore
3. Minor soreness
4. Hardly noticeable
5. Not sore at all

Illness/sickness

1. Well
2. Sick

Notes:

Regeneration Protocol	Points
20-minute group pool recovery	50
20-minute individual pool recovery	30
2-hour compression/garments	10
10-minute ice bath	25
3 x 3 minute cold and hot contrast immersion	25
15-20 min gentle cycle	25
20-minute gentle walk	25
Rehydrate and refuel to pre-training weight	50
10-minute targeted flexibility work	25
9+ hours sleep/in bed	50
Family time + mental space	10
Any alcohol is minus 25 that has to be picked up elsewhere	-25