

GUIDANCE ON 'NOTES'

These lists are not exhaustive but are designed to help you get started. Your coaches, teachers, parents and even your friends can help identify areas you agree you need to work on. Start simply, keep it concise; small improvements, done consistently, will give you a feeling that you are going somewhere, and that will continue to motivate you.

SPORTS

- Athletic goals
- Skill development
- Length of sleep
- Quality of sleep
- Rested sensation
- Training willingness
- Soreness scale
- ESD (energy system development) training
- Regeneration protocol (foam roll, stretch, swimming)
- Protein intake
- Hydration (electrolytes)
- Recovery nutrition

GENERAL WELLBEING

- Personal goals
- New habits
- Length of sleep
- Quality of sleep
- Rested sensation
- Exercise willingness
- General mood
- Mood post exercise
- Food quality
- Hydration
- Hobbies
- Relationships
- Screen-free time