Training Summary Daily Diary

Month Date Name

	Hours of sleep	Quality	Pulse (w)	Weight	a.m.	Quality	Pulse	p.m.	Quality	Pulse	Н2О	Comments
MON												
TUE												
WED												
THR												
FRI												
SAT												
SUN												
MON												
TUE												
WED												
THR												

FRI						
SAT						
SUN						

Quality = Rate – 1 Highest – 5 Lowest
Pulse = (w) = waking pulse: (p) programme pulse: eg. Av. Pulse during 3x8'; or 5x60 PS; or 60' steady state
H2O = Water intake (in litres) including electrolyte drinks, juice. NOT Coke, sprite, beer!!