

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!!