Key:

Resting Heart Rate	Before getting out of bed take your heart rate. If you forget when you first wake up lay down for 2 mins and then take it
Hours of Sleep	hours actullay asleep - not just in bed watching TV
Sleep Quality	1= didnt wake at all, 2= woke up once, 3= woke up more than once 4= toss and turned all night
How do you feel	1 - 10 how refreshed do you feel 1=Terrible 10= Amazing
Readiness to Train	1 - 10 how ready do you feel for the days training 1= not at all 10=born ready

DATE:

	Resting Heart Rate	**Hours of Sleep**	**Sleep Quality**	**How do you feel**	**Readiness to Train**
18.03.18	*65*	*7.5*	*2*	*7*	*8*