

Recovery Tracking Sheet

**The purpose of this sheet is to help you to evaluate and track how well you are recovering from activity.*

**Use this sheet to evaluate how your body is reacting to the stress you are placing upon it. This is especially a good idea if you are preparing for a performance or competition, or are under more physical and mental stress than usual.*

**Recommended tracking time is 2 weeks.*

Date:

Mental Factors	Rating (1-10)
Mental energy/fatigue (1=low, 10=high)	
Motivation (1=low motivation for typically enjoyable activities, 10=high motivation)	
Stress level: (1=low feelings of stress, 10=high)	
Overall mood (1=unhappy/depressed, 10=happy/confident)	

Physical Factors	Rating (1-10)
Injury/soreness status (1=no injuries/not sore, 10=very sore/currently injured)	
Physical performance (1=poor, 10=great performance)	
Immune status (1=no sickness, 10=ill now/frequently)	
Hydration status (1=dark yellow urine, 10=light/clear urine)	
Sleep quality (1=insomnia/interrupted/insufficient sleep, 10=Fully rested, uninterrupted)	

Morning resting heart rate (count the number of beats you feel in 60 seconds):

Reaction time (use a tool such as <http://getyourwebsitehere.com/jswb/rttest01.html>)