

ATHLETE'S TRAINING DIARY

EFS, LLC

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Time of Training: _____ Location of Training: _____

Duration of the training session (in minutes): _____

Weather (include temperature, humidity, and wind conditions):

Preparation

Hours of sleep previous night: _____ Total length of naps today: _____

Energy rating before workout (10=fully energized): **1 2 3 4 5 6 7 8 9 10**

Pre-workout nutrition (Describe your last meal, including drinks):

The Workout

Theme (Main Exercises/Kinetic Chain): _____

Goal (Work Capacity, Strength, Power, etc.): _____

Main Lifts

Sets: _____ Reps: _____

RPE (6-20): _____ Rest Periods: _____

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Post Training Fatigue Index (10=dead on feet):

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