

Training Stress Assessment



Name:	Date:	
Metric	Rating	Notes
Resting Heart Rate (-1 for every 2 bpm above/below average)		
Sleep Quality		
Hours of Sleep (-1 for every hour above/below desired)		
Fatigue		
Stress		
Muscle Soreness		
Motivation to Train		
General Wellness		
Grouchiness		
Appetite		
Total	/100	

Training Stress Assessment



Assess yourself on a scale of 1 to 10 for each metric above. In each instance, 10 is the best case scenario, and 1 the worst, i.e. very sore muscles would warrant a Muscle Soreness score of 2-3.

Once complete, total the rating column. If the total is 70-80, reduce the workout volume/time by 20%.

If the total is between 60 and 70, reduce it by 50% and reduce the intensity to RPE 2-3.

When the total less than 60, rest completely until your score reaches 90-100.
