

READINESS TO TRAIN EVALUATION

Back-to-Back Hard Training Days Previous	Four or More Days 1	Three Days 2	Two Days 3	One Day 4	Coming off Recovery Day 5
Soreness & Inflammation	Both Present & Significant 1	Both mildly present or one strongly present 2	Mild presence of one 3	Neither are present 4	
Desire to Train	I don't want to train today. 1	I will train out of obligation or fear. 2	I will make today a productive session. 3	I will enjoy training today. 4	
Overall Daily Mood	High Stress, Poor Mood, Avoiding Interaction 1	Some Stress, Neutral Mood, Okay with Necessary Interactions 2	Low Stress, Positive Mood, Enjoying Interaction 3		
Hormonal Status [Sex Drive & Appetite]	Both are Lacking 1	One is Lacking 2	Both are Strong 3		
Immune Status [Poop, GI, Sickness]	0 Issues with digestion & poop 1	Issue with either digestion or poop 2	No issues with all 3 3		
Sleep Quantity	0 Less than 7.5 hours	7.5-8.5 Hours of Sleep (+Sleep & Wake times within 1 hr of typical) 1	8.5+ Hours of Sleep (+Sleep & Wake times within 30 min of typical) 2		
Sleep Quality	0 Restless	Restful, Sound, Deep Sleep (minimal disturbances)			1
SCORE	___ / 25 (x4) = ___ % Ready to Train				