



Weekly Readiness Tracker

All measurements should be taken in the morning and are on a 1-5 scale (except for sleep hours) with 1 being the “worst” score and 5 being the best. Make sure you fill it out like this otherwise the daily total will not make sense!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Hours of Sleep							
Sleep Quality							
Soreness							
Fatigue							
Mood							
Joint Stiffness							
Water Retention							
Sinus Congestion							
Puffiness Under Eyes							
Bloating							
Dry/Itchy Skin							
Daily Total (Do Not Include Sleep Hours in Daily Total)							