

WEEKLY WELLNESS TRACKER

GATORADE
THE SPORTS FUEL COMPANY

SCORE ONE FOR THE HOME TEAM

Track your wellness for the week. Consistency in proper recovery (sleep, stress, soreness) is key to your growth as an athlete. As you mark your progress, look for where you can make improvements.

Please completely fill in the box that applies.



FATIGUE & ENERGY LEVELS

Very Fresh
Fresh
Normal
Quite Tired
Very Tired

S	M	T	W	T	F	S

SLEEP QUALITY

Very Good
Good
Restless
Bad
Very Bad

S	M	T	W	T	F	S

SLEEP DURATION

8+ Hours
7-8 Hours
6-7 Hours
5-6 Hours
< 5 Hours

S	M	T	W	T	F	S

STRESS & MOOD LEVELS

Very Energetic
Energetic
Normal
Stressed
Very Stressed

S	M	T	W	T	F	S

GENERAL MUSCLE SORENESS

Feeling Great
Feeling Good
Normal
Some Soreness
Very Sore

S	M	T	W	T	F	S

ANALYZE

MARK INJURIES OR AREAS OF CONCERN HERE:

FRONT



BACK



OPTIMIZE

NOTES/RECOMMENDATIONS

NAME:

DATE: / /