

Sleep & Recovery Log

Rest is training too — track recovery to perform better

Week of: _____

Current goal: _____

DAILY SLEEP & RECOVERY TRACKER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep Hours target: 7–8h							
Sleep Quality 1 Poor → 5 Excellent							
Muscle Soreness 1 None → 5 Very sore							
Energy Level 1 Drained → 5 Energised							
Mood Rating 1 Low → 5 Great							
Rest Day Habits stretch / walk / hydrate ■							

REST DAY HABIT CHECKLIST

<input type="checkbox"/> 10–15 min gentle stretching or yoga	<input type="checkbox"/> Went for a short walk (20–30 min)
<input type="checkbox"/> Drank 2+ litres of water	<input type="checkbox"/> Avoided intense exercise today
<input type="checkbox"/> Foam rolled sore muscles	<input type="checkbox"/> Took a contrast shower or bath
<input type="checkbox"/> Limited screen time before bed	<input type="checkbox"/> In bed by 10:30 pm

OVERTRAINING WARNING SIGNS

<input type="checkbox"/> Persistent fatigue despite rest	<input type="checkbox"/> Mood drops or irritability
<input type="checkbox"/> Unusual muscle soreness lasting 3+ days	<input type="checkbox"/> Trouble sleeping
<input type="checkbox"/> Decreased workout performance	<input type="checkbox"/> Frequent illness or colds

Notes / Recovery observations this week
