WEEK NUMBER (1-4):

Day 1:							
Mental stress BEFORE exercises:	1	2	3	4	5	6	7
Physical stress BEFORE exercises:	1	2	3	4	5	6	7
Mental stress AFTER exercises:	1	2	3	4	5	6	7
Physical stress AFTER exercises:	1	2	3	4	5	6	7
Observations:							
Day 2:							
Mental stress BEFORE exercises:	1	2	3	4	5	6	7
Physical stress BEFORE exercises:	1	2	3	4	5	6	7
Mental stress AFTER exercises:	1	2	3	4	5	6	7
Physical stress AFTER exercises:	1	2	3	4	5	6	7
Observations:							
Day 3:							
Mental stress BEFORE exercises:	1	2	3	4	5	6	7
Physical stress BEFORE exercises:	1	2	3	4	5	6	7

Mental stress AFTER exercises: 1 2 3 4 5 6 7

Physical stress AFTER exercises: 1 2 3 4 5 6 7

Observations:							
Day 4:							
Mental stress BEFORE exercises:	1	2	3	4	5	6	7
Physical stress BEFORE exercises:	1	2	3	4	5	6	7
Mental stress AFTER exercises:	1	2	3	4	5	6	7
Physical stress AFTER exercises:	1	2	3	4	5	6	7
Observations:							
Day 5:							
Mental stress BEFORE exercises:	1	2	3	4	5	6	7
Physical stress BEFORE exercises:	1	2	3	4	5	6	7
Mental stress AFTER exercises:	1	2	3	4	5	6	7
Physical stress AFTER exercises:	1	2	3	4	5	6	7
Observations:							
Day 6:							
Mental stress BEFORE exercises:	1	2	3	4	5	6	7

2 3 4

Mental stress AFTER exercises: 1 2 3 4 5 6 7

7

5 6 7

Physical stress AFTER exercises:	1	2	3	4	

Physical stress BEFORE exercises:

Observations:

Day 7:

Mental stress BEFORE exercises:	1	2	3	4	5	6	7
Physical stress BEFORE exercises:	1	2	3	4	5	6	7
Mental stress AFTER exercises:	1	2	3	4	5	6	7
Physical stress AFTER exercises:	1	2	3	4	5	6	7

Observations: