

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

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 7:

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