1) *Per session (training or match)*

- Session date.

- Duration (minutes).

- Athlete's RPE (0–10) after the session (how "hard" the training felt).

- If available: total distance, accelerations/decelerations, and sprints (the system uses this when no RPE is provided).

Tip: whenever possible, fill in the RPE. With RPE, our analyses become more accurate.

2) *Per week*

- Minimum: record at least 3 days of sessions (with duration and RPE).

- Ideal: 4 to 6 days per week (the more consistent, the better the insights).]

3) *To analyze "trends" (historical)*

ACWR (acute/chronic):

- Ideal: current week with 3+ recorded days + history of 4 previous weeks with recorded sessions.

- Acceptable minimum: 3 previous weeks (still works, but less reliable).

Monotony and Strain (weekly):

- Ideal: 5–7 recorded days in the week.

- Acceptable minimum: 4 days in the week.

Weekly increase (% compared to previous week):

- Ideal: two consecutive weeks with 3+ recorded days.

- Acceptable minimum: if the previous week had no training or missing data, comparison is not possible.

Quick reference table

Metric	What is needed	Minimum to work	Ideal for accurate analysis
Daily load	Duration + RPE per session (or distance/acc/sprints if no RPE)	1 valid entry in the day	RPE in all sessions of the day
ACWR	Current week with 3+ days + history of previous weeks	3 days in current week + 3 previous weeks	4–6 days in current week + 4 previous weeks
Monotony	Loads on several days of the week	4 days in the week	5–7 days in the week
Strain	Same data as monotony + weekly sum	Week with 3+ valid days	Full week (5–7 days)
Weekly increase %	Two consecutive weeks with recorded sessions	3 days in each week	4–6 days in each week