Data Dictionary

Overview: *Each row combines a player's previous status (historical data from prior days) with their current status (subjective wellness data collected on the day itself).*

● General	● Previous Status	● Current Status

Variable	Description
Date	Date of the observation
Playerkey	Unique anonymized player identifier
POS	Playing position (CD, ST, CDM, CAM, FB, WG, WB)
MA%	Medical availability (%) over the last 14 days
Att%	Club attendance (%) over the last 14 days
TD	Total Distance – ACWR (7-day acute / 42-day chronic load ratio, EMA)
HSD	High-Speed Distance (>19.8 km/h) – ACWR 7:42, EMA
Dec >3ms²	High decelerations (>3 m/s²) – ACWR 7:42, EMA
Sprints	Sprint count (>25.2 km/h) – ACWR 7:42, EMA
Reason	Activity type from previous day (Training, Game, Rehab, etc.)
Comment	Staff notes on previous day status
TD%	Total Distance as % of personal benchmark (avg. of 5 best matches)
HSD%	High-Speed Distance as % of personal benchmark
Dec >3ms²%	Decelerations as % of personal benchmark
Sprints%	Sprints as % of personal benchmark
Max, Velocity%	Max velocity as % of personal best
rpe (z)	Rate of Perceived Exertion – z-score (28-day rolling baseline)
Status	Current medical status (Available, Attention, Injured, Sick, Absent)
Fatigue (z)	Self-reported fatigue – z-score (28-day baseline)
Readiness (z)	Self-reported readiness to train – z-score (28-day baseline)
Soreness (z)	Self-reported muscle soreness – z-score (28-day baseline)
Sleep Quality (z)	Self-reported sleep quality – z-score (28-day baseline)
Stress (z)	Self-reported stress level – z-score (28-day baseline)
Mood (z)	Self-reported mood – z-score (28-day baseline)

ACWR = Acute:Chronic Workload Ratio (7-day / 42-day) | EMA = Exponential Moving Average | Z-scores: 0 = individual mean, ±1 = one std. dev.