Daily workout observation (observational Studies)

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| * No protective gear * Non supportive shoes * Slight stretching * No warm up * Form was very weak especially when working out legs. * Squats – Knees over toes. Very heavy weight. * Seated Rows – Bent back when pulling the weight back * No warm down | * No protective gear * 5 min run for warm up * Minimal stretching * Form throughout the workout was well. Chest was targeted without too much stress on joints * No warm down | * No protective gear * Stretching but no warm up * Looks tired from yesterday. * Keeps touching chest as if it hurts. * Shoulder exercises done badly due to chest hurting * Does a very minimal warm down | * No protective gear * Slight stretching and warm up * Still appears to feel pain in chest * Undertakes chest exercises even though chest is hurting * Form is very poor and rep count is much less than Tuesday. * No warm down | * No protective gear * Slight stretching and no warm up * Leg exercises again with bad form. Knees over toes causing a lot of stress on knee joint. * Warm down |

Health Recap (Diary)

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| How do you feel in the morning? | Well Rested | Legs are a bit sore | Sore Chest | Chest is still store, shoulders are sore too | Tired |
| How do you feel before gym? | Tired After work | Legs feeling a bit better and feeling ready for gym | Still chest is hurting a lot | Feeling a bit better, but chest is still hurting | Still tired, long day at uni |
| How do you feel after gym? | Knees hurting but good after a hard workout | Sore Chest | Burnt out, not too good | Feeling good but chest and arms are sore from workout | Legs feel weak |
| How do you feel before bed? | Tired | Tired but good | Sore chest and tired, it has been a long day | Tired and ready for bed | Tired and sore |
| How do you think your body coped with your exercise throughout the week as a whole? | I think my body really feels burnt out as my workouts are very intense. I try to keep my workout intense as my goal is to get big. However, sometimes I feel like its too intense for my body to cope. This week my chest was especially feeling sore, throughout most of the duration of the week. | | | | |

This table is to record how you are feeling throughout the week, keeping track of your health.