Daily workout observation (observational Studies)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  |  |

Health Recap (Diary)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| How do you feel in the morning? |  |  |  |  |  |
| How do you feel before gym? |  |  |  |  |  |
| How do you feel after gym? |  |  |  |  |  |
| How do you feel before bed? |  |  |  |  |  |
| How do you think your body coped with your exercise throughout the week as a whole? |  | | | | |

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