

My Team

April 3

Name	Red Zones Today	Red Zones Avg (last 7 days)	RTP Today	P RTP	RTP Avg (last 7 days)	Mood state	Sleep quality	Sleep duration	Energy / Fatigue	Health	Muscle readiness	Yesterdays nutrition	Stress	Resting HR
Alison Wilson + ●	1	0	78%	82%	76%	3	4	6	3.5	5	4	4.5	4	62
John Jones +	0	0	71%	43%	70%	4.5	4	7	3.5	4	2.5	4	4	62
Keith Anderson	0	0	71%	76%	74%	3	4	7	4	4	3	3	4	54

Health

Name	Health	Health issues	Health comments
John Jones	4	No obvious issues	
Keith Anderson	4	Fatigue	

Muscle readiness

Name	Muscle readiness	Muscle readiness - Body locations	Muscle readiness comments
John Jones	2.5	Arm	
Keith Anderson	3	Leg	Hamstring tight and sore but slept OK

Yesterdays nutrition

Name	Yesterdays nutrition	Nutrition issues	Nutrition comments
Keith Anderson	3	Skipped breakfast, Consumed fatty/junk food	Was rushing yesterday morning and didn't have time for breakfast - resulted in me snacking on junk food

How ready are you to train/compete?

Name	How ready are you to train/compete?	Performance issues	Performance comments
John Jones	43%	Demotivated	

Injury

Name	Injury Location	Injury Type	Date of Injury	Estimate recovery date	Days injured	Recovery Status based on report date
Alison Wilson	Calf	Muscle Strain	03/04/2022	01/05/2022	0	28 days until expected recovery date
Alison Wilson	Knee	Overuse	03/04/2022	17/04/2022	0	14 days until expected recovery date
John Jones	Calf	Muscle Strain	03/04/2022	10/04/2022	0	7 days until expected recovery date

Activity Load

Note: Last 7 days based on period:- 28/03/2022 - 03/04/2022

First name	Last name	Activity Type	Avg RTP	Load	Avg RTP (last 7 days)	Total Duration (last 7 days)	Total Load (last 7 days)	Acute:Chronic Workload Ratio	Activity Comments
Keith	Anderson	Gym session (RPE 8, Duration 60 mins)	8	<div><div></div></div>	7	890	6150	1.91	
		Team training/practice (RPE 7, Duration 60 mins)							
		Team training/practice (RPE 8, Duration 60 mins)							
		Gym session (RPE 8, Duration 30 mins)							
		Gym session (RPE 7, Duration 60 mins)							
John	Jones	Team training/practice (RPE 8, Duration 60 mins)	7	<div><div></div></div>	6	550	3620	0.99	
		Team training/practice (RPE 6, Duration 60 mins)							
		Gym session (RPE 6, Duration 30 mins)							
		Gym session (RPE 5, Duration 60 mins)							
		Individual training/practice (RPE 9, Duration 120 mins)							
Alison	Wilson	Gym session (RPE 6, Duration 45 mins)	6	<div><div></div></div>	6	426	2661	1.14	Great session today. Feeling good.
		Team training/practice (RPE 7, Duration 30 mins)							
		Gym session (RPE 6, Duration 61 mins)							