



Monitoring Training and Lifestyles

Guidelines for PLAYERS on how to complete the ELECTRONIC monitoring forms

General Information

There are two electronic forms to complete. The forms are in separate worksheets but in the same Excel file.

The two forms are:

- 1) Monitoring of your **lifestyles** (sleep, muscle soreness, injury and illness)
- 2) Monitoring of the **duration of your training, matches and other sports you complete**

The week runs from a Sunday to the following Saturday.

You must send the forms back in to your centre every week.

Why Monitor?

Monitoring allows your centre to keep up to date with your training and lifestyles. It lets the centre see if you are taking part in lots of different sports or just football and how much of your time you spend playing sport.

Monitoring Lifestyles

This is an example of a completed Lifestyles sheet. There are drop down menus for you to select for sleep quality, muscle soreness, body tired and injury. When you receive the sheet it will say “No Data” in these cells, you just select the answer that you want.

Centre of Excellence - Lifestyles Monitoring										
		NAME:	Sophie Jefferies							
		WEEK COMMENCING:	05-Sep-10							
			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Average
Sleep	Sleep Hrs		8	8	8	8	8	7	8	8
	Sleep Quality (select an option)		Excellent	Average	Excellent	Average	Excellent	Excellent	Excellent	Excellent
Health	Health (select an option)		Perfect	Perfect	Perfect	Perfect	Perfect	Perfect	Perfect	Perfect
Fatigue	Muscle Soreness (select an option)		Some	Some	Some	Some	None	None	None	Some
	State Muscle Soreness Area (if applicable)		Hamstrings	Hamstrings	Hamstrings	Hamstrings	Hamstrings	Hamstrings	Hamstrings	
	Body Tired (select an option)		A bit	A bit	A bit	Fresh	Fresh	Fresh	Fresh	Fresh
	Injury (select an option)		No	Yes	No	No	No	No	No	Yes
	Injury location (if applicable)			Knee						



