



Monitoring Training and Lifestyles

Guidelines for PLAYERS on how to complete the monitoring forms

General Information

Each week your centre will give you two monitoring forms to complete.

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 hand 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.

Centre of Excellence - Lifestyles Monitoring

NAME:
WEEK COMMENCING:

Sophie Jefferies
05-Sep-10



		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
Sleep	Sleep Hrs	8	10	7	8	9	7	8	
	Sleep Quality (tick one)	Excellent	✓	✓	✓				✓
		Average				✓	✓		
	Poor						✓		
Health	Health (tick one)	Perfect	✓	✓	✓	✓	✓	✓	
		Average						✓	
		Poor							
Fatigue	Muscle Soreness (tick one)	None	✓						
		Some		✓	✓			✓	✓
		A Lot				✓	✓		
	Muscle Soreness Area (if applicable)					Quads	Quads		
	Body Tired (tick one)	Fresh	✓						
		A Bit		✓	✓	✓		✓	✓
A Lot						✓			
Injury (tick one)	Yes					✓			
	No	✓	✓	✓	✓		✓	✓	
Injury location (if applicable)						Right Knee			

Monitoring Training / Matches

This is an example of a completed Training / Match sheet.
If you can complete the totals at the bottom it would be really helpful.

Centre of Excellence - Training/Matches Monitoring

NAME:

Sophie Jefferies

WEEK COMMENCING:

05-Sep-10



	Training Load Monitoring		Description of Session (please tick one)						
	Date	Duration of Session (mins)	Centre of Excellence Matches	Centre of Excellence Training	Regional / County Football	Regional / County Other Sport	School Sport (Extra curricular - not PE lessons)	Recreational Sport	Other
Training / Match Information	06-Sep	120		✓					
	06-Sep	60					✓		
	07-Sep	120			✓				
	08-Sep	120		✓					
	09-Sep	90						✓	
	10-Sep	120				✓			
	11-Sep	70	✓						
	TOTALS	700	70	240	120	120	60	90	0