

DAILY WELLNESS TRACKER

GATORADE
THE SPORTS FUEL COMPANY

SCORE ONE FOR THE HOME TEAM

Track your wellness for the day. Consistency in proper recovery (sleep, stress, soreness) is key to your growth as an athlete. As you mark your progress, look for where you can make improvements.

Please check each circle that applies.



FATIGUE & ENERGY LEVELS



SLEEP QUALITY



SLEEP DURATION



STRESS & MOOD LEVELS



GENERAL MUSCLE SORENESS



ANALYZE

MARK INJURIES OR AREAS OF CONCERN HERE:

FRONT



BACK



OPTIMIZE

NOTES/RECOMMENDATIONS

NAME:

DATE: / /