Athlete Name:
Month/Year:

Daily Regeneration Monitor Totals

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Optimal	99																															
	96																															
	93																															
	90																															
	87																															
	84																															
Fair	81																															
	78																															
	75																															
	72																															
	69																															
	66																															
	63																															
	60																															
	57																															
	54																															
	51																															
Sub-Optimal	48																															
	45																															
	42																															
	39																															
	36																															
	33																															
	30																															
	27																															
	24																															
	21																															
	18																															
	15																															
	12																															
	9																															
	6																															
	3																															
	0																															

DIRECTIONS: Use this form with the daily regeneration monitor, by plotting the totals in the appropriate rows.

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