

3 MEASUREMENTS OF FATIGUE

1. OUTCOME

(e.g., CNS (Central Nervous System) finger tap test)

2. PHYSIOLOGICAL

(e.g., HRV (Heart Rate Variability), labs analysis, etc.)

• MOVE BETTER • PERFORM

3. SUBJECTIVE

(e.g., fatigue, daily readiness monitor, daily regeneration monitor, daily readiness index)

