Athlete Name:
Month/Year:

Daily Readiness 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
High Priority 0-40%	70																															
	69																															
	68																															
	67																															
	66																															
	65																															
	64																															
	63																															
	62																															
	61																															
	60																															
	59																															
	58																															
	57																															
	56																															
	55																															
	54																															
	53																															
	52																															
	51																															
	50																															
	49																															
	48																															
Moderate Priority 40-60%	44																															
	43																															
	42																															
	41																															
	40																															
	39																															
	38																															
	37																															
	36																															
	35																															
	34																															
	33																															
	32																															
	31																															
	30																															
	29																															
	28																															
	27																															
Low Priority 60-80%	9																															
	8																															
	7																															
	6																															
	5																															
	4																															
	3																															
	2																															
	1																															

DIRECTIONS: Use this form with the daily readiness monitor, by plotting the totals in the appropriate rows. If totals fall in between priority levels, place the total within the higher level.

www.UpRightMovement.com/daily-readiness-monitor