




Pre Session Self Assessment Template

	 1 point	 2 points	 3 points
Physical Soreness, niggles, general fatigue			
Mental/Emotional Are you at breaking point, well the session help or increase frustration, is your mind somewhere else?			
Sleep Are you so far behind that training is unhealthy? Are you rested well?			

My rules:

1 - 4 points - Rest. Sleep. Eat.

5 - 7 points - Take the edge off it. Start conservatively, work into the set.

8 - 9 points - Go hard.