

I am an Athlete Stage - 3

Action Items

1. Learn which metrics to follow
2. Start Mental Training
3. Learn about Over Training

Milestones

- Will track this metric for swimming: _____
- Will track this metric for cycling: _____
- Will track this metric for running: _____
- Completed 1st Mental training exercise: _____
- Completed 2nd Mental training exercise: _____
- Do you know if you are overtraining? Yes
- Monitored waking HR for 1 month

► List the Metrics you will follow for swimming

Metric Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6

Mental Training

Exercise name	What did you learn?

► List the Metrics you will follow for cycling

Metric Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6

► List the Metrics you will follow for running

Metric Name	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6

► Morning HR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday