Worksheet 2. Four-Week Baseline

Each morning, rate how you feel **before** opening the app (Chapter 15). Print four copies for four weeks. HR: heart rate. Temp: change in skin temperature. Steps: yesterday's total. Feel: 1 to 5. First row: an example; last row: the week's average. Notes: alcohol, illness, travel, stress, your period, hard training.

Day	Resting HR	HRV	Bed–wake	Temp	Steps	Feel	Notes
e.g.	*58*	*45*	*23:10–6:40*	*+0.1*	*6,480*	*3*	*late dinner*
1							
2							
3							
4							
5							
6							
7							
Avg							

My usual levels after four weeks: resting HR ____–____ · HRV ____–____ · sleep _____ · steps/week _____