Date Recorded=	Athlete Name and Grade	August				September				October				November				December			
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Need:	**Sport =**																				
1. frequency (/wk)	**Inseason game**																				
2. Duratiom (min)	**Inseason practice**																				
3. Intensity	**Inseason training**																				
0=Rest	**Out of season game**																				
1=Very, Very Easy	**Out of season practice**																				
2=Easy	**Out of season training**																				
3=Moderate																					
4=Somewhat Hard	**Sport =**																				
5=Hard	**Inseason game**																				
6	**Inseason practice**																				
7=Very Hard	**Inseason training**																				
8	**Out of season game**																				
9	**Out of season practice**																				
10=Maximal Effort	**Out of season training**																				
	Sport =																				
	Inseason game																				
	Inseason practice																				
	Inseason training																				
	Out of season game																				
	Out of season practice																				
	Out of season training																				