



Weekly Adherence Week 11

Name: _____ Date: _____

Habit 11: Prepping your food for your week.

If you have complied with habit of prepping your food for the week, over the next two weeks then please X in the box on the days that you prepped.

WEEK 1

WEEK 2

Monday

Monday

Tuesday

Tuesday

Wednesday

Wednesday

Thursday

Thursday

Friday

Friday

Saturday

Saturday

Sunday

Sunday

Are you having any problems with adherence, or does it seem easy? Please elaborate below.

How many steps walked this week?

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

How did you get on with this week's workout?

Willingness to exercise

How are your workouts going? Are you getting stronger, more powerful, is your breathing calming down? Let me know what changes you feel when working out. Please describe them in your own words. You can also use this section to highlight “problems” or concerns you may have about the workout.

What is recovery like after exercise?

1. Please rate (daily) each of the following variables on a scale of 0 - 5 as follows:

Appetite: 0 = No appetite;

5 = Very hungry

Sleep quality: 0 = Poor sleep;

5 = Very good sleep

Tiredness: 0 = No tiredness;

5 = Very tired

Willingness to train: 0 = No willingness;

5 = Very excited to train

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetite							
Sleep quality							
Tiredness							
Willingness							

2. Resting Pulse Rate

Please record your morning resting pulse for each day while seated, immediately upon waking. Take your radial pulse (at the wrist) for 15 seconds and multiply by 4 to get a minute value. Record this minute value (beats per minute) here:

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pulse (BPM)							

