

ALANTI One Week Training Log

Monday Date:	General Health		Exercise	Time	Distance	Comment
	Sleep (hrs)					
	Nutrition					
	Fatigue					
	Stress					
Tuesday Date:	General Health		Exercise	Time	Distance	Comment
	Sleep (hrs)					
	Nutrition					
	Fatigue					
	Stress					
Wednesday Date:	General Health		Exercise	Time	Distance	Comment
	Sleep (hrs)					
	Nutrition					
	Fatigue					
	Stress					
Thursday Date:	General Health		Exercise	Time	Distance	Comment
	Sleep (hrs)					
	Nutrition					
	Fatigue					
	Stress					
Friday Date:	General Health		Exercise	Time	Distance	Comment
	Sleep (hrs)					
	Nutrition					
	Fatigue					
	Stress					
Saturday Date:	General Health		Exercise	Time	Distance	Comment
	Sleep (hrs)					
	Nutrition					
	Fatigue					
	Stress					
Sunday Date:	General Health		Exercise	Time	Distance	Comment
	Sleep (hrs)					
	Nutrition					
	Fatigue					
	Stress					
Total	General Health		Exercise	Time	Distance	Comment
	Sleep (hrs)					
	Nutrition					
	Fatigue					
	Stress					
EXAMPLE	General Health		Exercise	Time	Distance	Comment
	Sleep (hrs)	8				
	Nutrition	Good				
	Fatigue	Med				
	Stress	High				
		Bike am	30	8	Felt pretty good. Legs were not heavy. Flat and little hills	
		Run pm	20	3	Run, walk. Really enjoyed it.	