

	1	2	3	4	5
<b>FATIGUE</b>	<b>ALWAYS EXHAUSTED</b>	<b>MORE EXHAUSTED THAN NORMAL</b>	<b>NORMAL / ALL GCL</b>	<b>FRESH / ALL STATE</b>	<b>VERY FRESH / ALL AMERICAN</b>
<i>physically or mentally exhausted by hard work, exertion, strain, etc.; fatigued; tired</i>	Simple tasks are difficult to accomplish Significant Trouble Concentrating in class Falling asleep at inappropriate times during day Skipping Class	Inability to focus on simple tasks Lethargic and Slow throughout day Daydreaming in class more than normal Falling asleep at inappropriate times during day	Good Focus: Few mistakes Good Energy: Maintaining Status Quo	Good Focus: minimal mistakes Great energy - "Grind Mode"	Sharp Focus: On Top of game Highest level of energy: Best in a while
<b>PHYSICAL SORENESS</b>	<b>VERY SORE</b>	<b>INCREASE IN SORENESS / TIGHTNESS</b>	<b>NORMAL / ALL GCL</b>	<b>FEELING GOOD / ALL STATE</b>	<b>FEELING GREAT / ALL AMERICAN</b>
<i>suffering bodily discomfort from game, practice, weightlifting, conditioning, from injury, etc.</i>	Missing Practice Time Discomfort affects activities of daily living	Moderate Soreness: Will impact ability to practice well	Minimal Soreness: Body is sore but manageable	Very manageable pain and soreness No impact on practice/performance	Body feels great: No complaints Stretch/Recovery (Ice tubs / Normatec / Foam Roller)
<b>SLEEP</b>	<b>AWFUL</b>	<b>BELOW AVERAGE</b>	<b>NORMAL / ALL GCL</b>	<b>ABOVE AVERAGE / ALL STATE</b>	<b>EXCEPTIONAL / ALL AMERICAN</b>
<i>to take the rest afforded by suspension of voluntary bodily functions; complete or partial unconsciousness; cease being awake.</i>	Less than 5 total hours Consistently poor sleep patterns Not sleeping through the night at all	Between 5-6 hours Inconsistent sleep patterns	Between 6-7 hours Rarely inconsistent sleep patterns	Between 7-8 hours Consistently sleeping through night	More than 8 hours Always restful sleep through the night
<b>ACADEMIC STRESS</b>	<b>HIGHLY STRESSED</b>	<b>FEELING STRESSED</b>	<b>NORMAL / ALL GCL</b>	<b>RELAXED / ALL STATE</b>	<b>VERY RELAXED / ALL AMERICAN</b>
<i>mental, emotional, or physical strain or tension in academic life: is it academic or responsibility?</i>	Failing Expectations Heavy Assessment Periods Incomplete Assignments Trouble Staying on Top of things	Not Quite Meeting Expectations Multiple Assessments Procrastination	Meeting Expectations Manageable Assessments	Exceeding Expectations Minimal Assessments	Who ARE you? Easy Assessments
<b>PERSONAL STRESS</b>	<b>HIGHLY STRESSED</b>	<b>FEELING STRESSED</b>	<b>NORMAL / ALL GCL</b>	<b>RELAXED / ALL STATE</b>	<b>VERY RELAXED / ALL AMERICAN</b>
<i>mental, emotional, or physical strain or tension in personal life</i>	Crisis Mode - I need to talk Today Feeling helpless	My life is becoming overwhelming I'm having trouble dealing with stressors Significant dwelling on errors Trouble with Fear of Failure	Manageable Stress I can recognize my stressors and regroup	Very Manageable Stress I am in a position of refocusing on the next challenge Life is on an upward projection	All is well in the World!
<b>NUTRITION</b>	<b>POOR</b>	<b>BELOW AVERAGE</b>	<b>NORMAL / ALL GCL</b>	<b>ABOVE AVERAGE / ALL STATE</b>	<b>EXCEPTIONAL DIET / ALL AMERICAN</b>
<i>the process by which you consume quality / healthy food material over the last few days</i>	Minimal Hydration Consumed 1-2 meals Per Day Plate does not follow the St. Xavier Athletic Nutritional Packet Guidelines Excessive Fried Foods Vs. Baked Foods Minimal Fruit & Vegetable Consumption Fast Food multiple meals a day	Hydration - 1/4 Gallon per day - Nothing before Less than 3 Meals per day Plate minimally follows the St. Xavier Athletic Nutritional Packet Guidelines 0-2 Fruit & Vegetable Servings Fast Food significantly more than home made meals	Hydration - 1/2 Gallon per day - Gatorade bottle 1 hr before 3 Meals a day: Breakfast/Lunch/Dinner Plate follows some of the St. Xavier Athletic Nutritional Packet Guidelines 2-4 Fruit & Vegetable Servings Limited Fast Food / More home cooked meals	Hydration - Gallon per day -Gatorade bottle 1 hr before 4 Meals a day: Breakfast/Lunch/Pre Practice/Dinner Plate follows most St.Xavier Athletic Nutritional Packet Guidelines 3-5 Fruit & Vegetable Servings Minimal Fast Food / Mostly home made meals	Hydration - Gallon per day -Gatorade bottle 1 hr before 5 Meals a day: Breakfast/Lunch/Pre Practice/Dinner/Plus 1 Plate follows all St. Xavier Athletic Nutritional Packet Guidelines 5+ Fruit & Vegetable Servings Fast Food very sporadically