Wellness questionnaire

Date: _____ Team: _____

Every morning, before training. From 1 to 7: 7 is always the good one. Wellness = the average of the five answers.

Player	Hours of sleep	Sleep	Energy	Muscle soreness	Stress	Mood	Wellness (average)

Free template by SyncState · run it from players' phones at digital.sportsync.pro/syncstate

The questions and the scale (1–7)

Sleep **How did you sleep?**	1 very badly · 7 very well
Energy **How much energy do you have?**	1 exhausted · 7 very fresh
Muscle soreness **How sore do you feel?**	1 very sore · 7 not sore
Stress **How stressed do you feel?**	1 very stressed · 7 very relaxed
Mood **How is your mood?**	1 very low · 7 very high

How to read it: compare each player with their own average over the last four weeks, not with the others. A clear drop outside their normal is a reason to talk to them before training.