



# The Alpha Female

## Training Diary

*alphafemales.biz*





# Training Diary

SUNDAY \_\_/\_\_/\_\_

## Eating Diary

Breakfast

Supper

Midmorning Snack

Late Night Snack

Lunch

Drinks during training

Midafternoon Snack

Drinks during day

## Training

Workout:

Time:

Duration:

Workout Rating

(scale of 1 is easy as  
pie & 10 is I died):

Weather:

Route:

Notes:

Distance:

## Rating

1 represents the best condition and 7 rates the worst

Sleep

Stress

Waking Pulse

Fatigue

Soreness



# Training Diary

MONDAY \_\_/\_\_/\_\_

## Eating Diary

Breakfast

Supper

Midmorning Snack

Late Night Snack

Lunch

Drinks during training

Midafternoon Snack

Drinks during day

## Training

Workout:

Time:

Duration:

Workout Rating  
(scale of 1 is easy as  
pie & 10 is I died):

Weather:

Route:

Notes:

Distance:

## Rating

1 represents the best condition and 7 rates the worst

Sleep

Stress

Waking Pulse

Fatigue

Soreness



# Training Diary

TUESDAY \_\_/\_\_/\_\_

## Eating Diary

Breakfast

Supper

Midmorning Snack

Late Night Snack

Lunch

Drinks during training

Midafternoon Snack

Drinks during day

## Training

Workout:

Time:

Duration:

Workout Rating  
(scale of 1 is easy as  
pie & 10 is I died):

Weather:

Route:

Notes:

Distance:

## Rating

1 represents the best condition and 7 rates the worst

Sleep

Stress

Waking Pulse

Fatigue

Soreness



# Training Diary

WEDNESDAY \_\_/\_\_/\_\_

## Eating Diary

Breakfast

Supper

Midmorning Snack

Late Night Snack

Lunch

Drinks during training

Midafternoon Snack

Drinks during day

## Training

Workout:

Time:

Duration:

Workout Rating  
(scale of 1 is easy as  
pie & 10 is I died):

Weather:

Route:

Notes:

Distance:

## Rating

1 represents the best condition and 7 rates the worst

Sleep

Stress

Waking Pulse

Fatigue

Soreness



# Training Diary

THURSDAY \_\_/\_\_/\_\_

## Eating Diary

Breakfast

Supper

Midmorning Snack

Late Night Snack

Lunch

Drinks during training

Midafternoon Snack

Drinks during day

## Training

Workout:

Time:

Duration:

Workout Rating  
(scale of 1 is easy as  
pie & 10 is I died):

Weather:

Route:

Notes:

Distance:

Rating 1 represents the best condition and 7 rates the worst

Sleep

Stress

Waking Pulse

Fatigue

Soreness



# Training Diary

FRIDAY \_\_/\_\_/\_\_

## Eating Diary

Breakfast

Supper

Midmorning Snack

Late Night Snack

Lunch

Drinks during training

Midafternoon Snack

Drinks during day

## Training

Workout:

Time:

Duration:

Workout Rating  
(scale of 1 is easy as  
pie & 10 is I died):

Weather:

Route:

Notes:

Distance:

## Rating

1 represents the best condition and 7 rates the worst

Sleep

Stress

Waking Pulse

Fatigue

Soreness



# Training Diary

SATURDAY \_\_/\_\_/\_\_

## Eating Diary

Breakfast

Supper

Midmorning Snack

Late Night Snack

Lunch

Drinks during training

Midafternoon Snack

Drinks during day

## Training

Workout:

Time:

Duration:

Workout Rating  
(scale of 1 is easy as  
pie & 10 is I died):

Weather:

Route:

Notes:

Distance:

## Rating

1 represents the best condition and 7 rates the worst

Sleep

Stress

Waking Pulse

Fatigue

Soreness