

READINESS AND WELLBEING (RAW) SCORE

On a scale of 1-3 (1-Poor; 2-Fair; 3-Good), rate each pillar for each day. Add up your daily score and place it in the daily total row over/12. Finally, match your score to the programming box to determine your training guidelines.

	M	T	W	T	F	S	S
SLEEP	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
PHYSICAL	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
MOOD	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NUTRITION	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
DAILY TOTALS	<input type="text" value="/12"/>	<input type="text" value="/12"/>	<input type="text" value="/12"/>	<input type="text" value="/12"/>	<input type="text" value="/12"/>	<input type="text" value="/12"/>	<input type="text" value="/12"/>

PROGRAMMING

Score of 4-6: Train at an average RPE of 4-6; Decrease volume by ~25-35%; Stay below RPE of 8; Reduce reps/sets/time.

Score of 7-9: Train at an average RPE of 7-8.5; Decrease volume by ~10-20%; Reduce reps/sets/time.

Score of 10-12: Can train hard at RPE of 9-10; No limits.

READINESS AND WELLBEING (RAW) SCORING SYSTEM

01 SLEEP



1 = < 6 hrs, don't feel rested

2 = not rested, regardless of sleep

3 = 8+ hrs, rested

02 PHYSICAL



1 = pain, tightness, fatigue (several symptoms)

2 = pain, tightness or fatigue (few symptoms)

3 = no issues

03 MOOD



1 = agitated / anxious

2 = neutral

3 = vibrant / ready

04 NUTRITION



1 = poor quality and hydration

2 = good hydration and quality, or timing

3 = good on all three

RPE DEFINED

RPE is your rate of perceived exertion, in other words how intense you perceive an exercise or training session that you are performing. It is relative to the individual, based on your limits and ability. It is correlated to heart rate and therefore associated with the amount of stress placed on the body.

0-3 Easy

4-6 Somewhat hard

7-8.5 Hard

9-10 Extremely hard