SAR READINESS LOG – Lifestyle tracking for identifying factors that increase/decrease acute readiness to respond

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	AVG
SLEEP: How much sleep	<4 hours																															
did you get last night?	4-6 hours																															
	6-8 hours																															
	8+ hours																															
BEDTIME: Did you go to sleep?	Earlier than usual																															
	Usual																															
	Later than usual																															
FOOD: How many meals did you have today?	1													1								1										
	2																															
	3																															
SNACKS: How many snacks did you have today?	1																															
	2					1																										
	3					1																										
WATER: How much water did you drink today?	<32oz																															
	32-64oz																															
	>64oz																															
INTAKE QUALITY: How healthy was the food/drinks you had today	Healthy																															
	Mostly																															
	healthy Mostly					-		_																								
in your opinion?	unhealthy																															
MENTAL: How was your mental clarity and energy today? (Scale 1-10)	Good (7-10)																															
	Medium																															
	(4-6)																															
	Poor (1-3)																															
EXERCISE: How much exercise did you do today?	< 15 min																															
	15-30 min																															
	30-60 min																															
	60+ min																															
COMMENTS: Make note of																																
less/more optimal than																																
average days.																																
In your opinion, what was																																
the reason for low/high																																
readiness on a given day?																																