

Training and symptom record

Bring dated observations to a professional conversation.

Record date and when changes first appeared

Usual training and recent changes

Existing performance observations and conditions

Sleep and daily-life context

Meals, appetite and hydration observations

Symptoms and impact on ordinary activities

Medicines, supplements, illness and injury context

Questions, appointment details and professional advice

This record cannot diagnose overtraining or clear you to exercise.

Do not delay care to finish it. Acute chest pain, fainting or severe breathing difficulty needs emergency help. Call 911 in the US or your local emergency number.