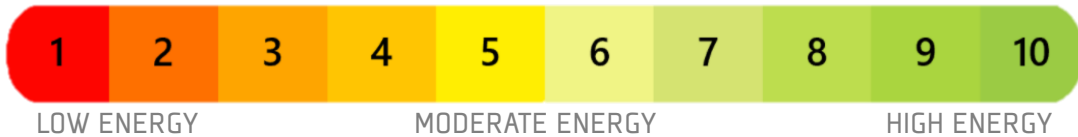
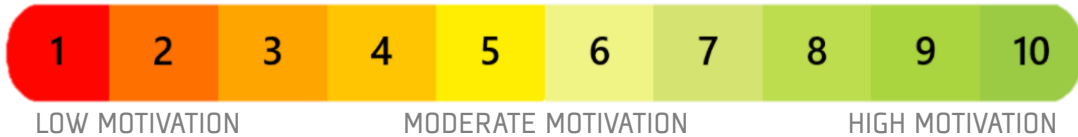


## DAILY WELLNESS SCREEN

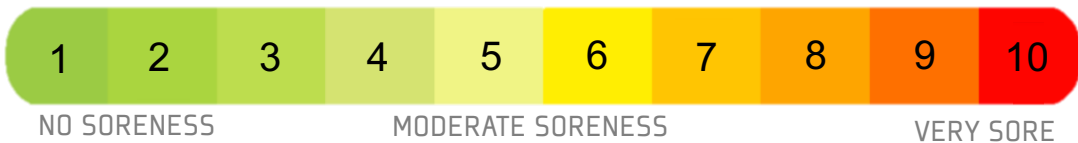
HOW MUCH ENERGY DO YOU HAVE?



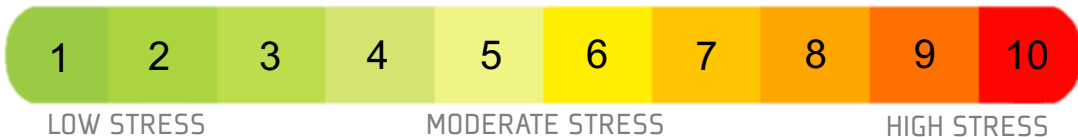
HOW MOTIVATED ARE YOU TO TRAIN TODAY?



HOW MUCH MUSCLE SORENESS DO YOU HAVE?



HOW MUCH NON-TRAINING STRESS DO YOU HAVE?



HOW MANY HOURS OF SLEEP DID YOU GET LAST NIGHT?

1 2 3 4 5 6 7 8 9 10 11+

WHAT WAS YOUR SLEEP QUALITY?

