

	1	2	3	4	5
FATIGUE	ALWAYS EXHAUSTED	OVERLY EXHAUSTED	NORMAL	ALL STATE	ALL AMERICAN
<i>Physical or mental exhaustion from hard work, exertion, strain, etc.; fatigued; tired</i>	Simple tasks are difficult to accomplish	Inability to focus on simple tasks	Good focus; few mistakes	Great focus; minimal mistakes	Sharp focus; no mistakes
	Trouble concentrating in class	Lethargic and slow throughout day			
	Falling asleep during day	Daydreaming in class more than normal	Consistent energy levels throughout the day	Higher than normal energy levels throughout the day	Highest level of energy
	Skipping class	Falling asleep during day			
PHYSICAL SORENESS	VERY SORE	MODERATELY SORE	NORMAL	ALL STATE	ALL AMERICAN
<i>Bodily discomfort from practice, games, weightlifting, conditioning, injury, etc.</i>	Missing practice time	More sore than normal	Some soreness	Minimal soreness	No soreness
	Discomfort affects daily living activities	Discomfort impacts ability to practice well	Body is sore but manageable	No impact on practice/performance	Body feels great Consistently uses stretch and recovery practices
SLEEP	AWFUL	BELOW AVERAGE	NORMAL	ALL STATE	ALL AMERICAN
<i>A resting state in which the body is not active and the mind is unconscious; not awake</i>	Less than 5 total hours of sleep	Between 5-6 hours of sleep	Between 6-7 hours of sleep	Between 7-8 hours of sleep	More than 8 hours of sleep
	Consistently poor sleep patterns				
	Not sleeping through the night	Inconsistent sleep patterns	Occasional inconsistent sleep patterns	Sleep patterns rarely inconsistent	Consistent sleep patterns
ACADEMIC STRESS	HIGHLY STRESSED	FEELING STRESSED	NORMAL	ALL STATE	ALL AMERICAN
<i>Mental, emotional, or physical strain or tension in academic life</i>	Failing expectations	Not quite meeting expectations	Meeting expectations	Exceeding expectations	Crushing it!
	Heavy exam load	Multiple tests/exams	Manageable tests/exams	Few tests/exams	Easy tests/exams
	Incomplete assignments		Occasional procrastination	Minimal procrastination	No procrastination
	Trouble staying on top of things	Frequent procrastination			
PERSONAL STRESS	HIGHLY STRESSED	FEELING STRESSED	NORMAL	ALL STATE	ALL AMERICAN
<i>Mental, emotional, or physical strain or tension in personal life</i>	Crisis mode - I need to talk today	My life is becoming overwhelming	Manageable stress	Very manageable stress	Minimal to no stress
	Feeling helpless or depressed	Trouble dealing with stressors		I am able to refocus and move on to the next challenge	
			Significant dwelling on errors	I can recognize my stressors and regroup	Life is on an upward projection
NUTRITION	POOR	BELOW AVERAGE	NORMAL	ALL STATE	ALL AMERICAN
<i>The consistent consumption of quality food and hydration; foods consumed support overall health and growth</i>	Minimal hydration throughout the day; no pre-activity electrolyte drink	Inadequate hydration throughout the day; no pre-activity electrolyte drink	Moderate hydration throughout the day; consumes pre-activity electrolyte drink	Optimal hydration throughout the day; consumes pre-activity electrolyte drink	Optimal hydration throughout the day; consumes pre-activity electrolyte drink
	1-2 meals per day	Less than 3 meals per day	3 meals a day (Breakfast/Lunch/Dinner)	4 meals per day (Breakfast/Lunch/Pre-Practice/Dinner)	5 meals per day (Breakfast/Lunch/Pre-Practice/Dinner/Plus 1)
	Excessive consumption of fast food and/or fried foods	Significant consumption of fast food	Limited consumption of fast food	Minimal consumption of fast food	Sporadic consumption of fast food
	Minimal to no fruit & vegetable consumption	0-2 fruit & vegetable servings per day	2-4 fruit & vegetable servings per day	3-5 fruit & vegetable servings per day	5+ fruit & vegetable servings per day
GRATITUDE	THANKLESS	DEFICIENT	NORMAL	ALL STATE	ALL AMERICAN
<i>Thankful appreciation for what an individual receives, whether tangible or intangible.</i>	I offer no gratitude for things in my life. I can't find appreciation for any blessings.	I struggle with finding things for which to be grateful. I understand there are many positives but struggle to express the gratitude or accept gratitude.	I take the time to actively express my gratitude to others both verbally and in writing.	I actively thank people verbally and in writing. I journal every day finding time to identify one thing for which I am grateful then offer 5 reasons why and how I express that gratitude.	I find time to say a prayer of thanks, find ways to be mentally grateful for my blessings, or simply thank someone for supporting me.