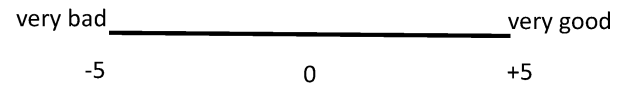
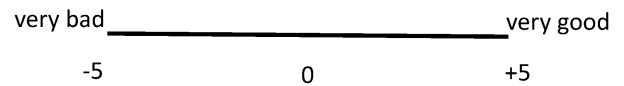


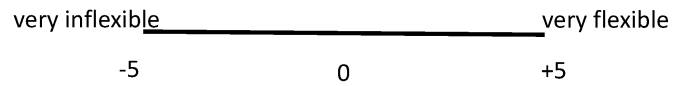
1) How was your performance today?



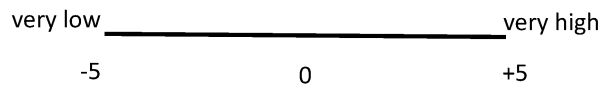
2) How was your agility today?



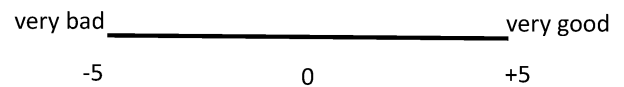
3) How was your flexibility today?



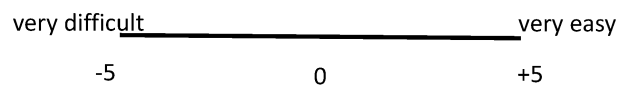
4) How was your motivation toward track and field today?



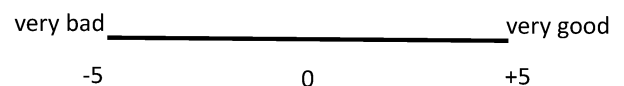
5) How was your mood today?



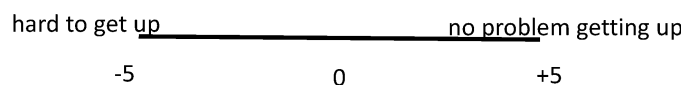
6) How easy was it to get to sleep today?



7) How was the quality of your sleep today?



8) Were you able to wake up when you wanted today?



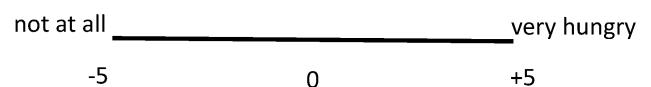
9) How many hours did you sleep? () hours

() hours

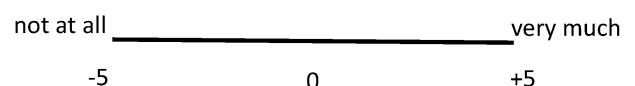
10) How many times did you wake up during your sleep?

() times

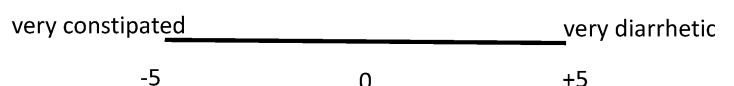
11) How hungry did you feel before meals today?



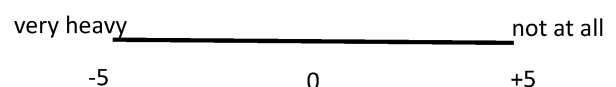
12) Did you enjoy the food (was it good) today?



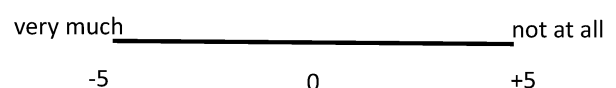
13) How was your bowel movement today?



14) How heavy was your stomach today?



15) How tired were you today?



16) Did you feel jet lagged today?

