Period and training log

Twenty-eight days of energy (1 to 5) and training, so you can plan the hard weeks.

NAME

CYCLE START DATE

DAY	PERIOD	ENERGY	TRAINED	NOTES	DAY	PERIOD	ENERGY	TRAINED	NOTES
1	☐		☐		15	☐		☐	
2	☐		☐		16	☐		☐	
3	☐		☐		17	☐		☐	
4	☐		☐		18	☐		☐	
5	☐		☐		19	☐		☐	
6	☐		☐		20	☐		☐	
7	☐		☐		21	☐		☐	
8	☐		☐		22	☐		☐	
9	☐		☐		23	☐		☐	
10	☐		☐		24	☐		☐	
11	☐		☐		25	☐		☐	
12	☐		☐		26	☐		☐	
13	☐		☐		27	☐		☐	
14	☐		☐		28	☐		☐	

Many people feel strongest in the two weeks after a period starts. Put the heavy sessions there, and go easier in the week before.