

What Went Wrong Log
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Day before problem	Training Stress ¹	Training Recovery ²	Notes	Life Stress ³	Life Recovery ⁴	Notes
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¹ Training Stress = workout details, environmental conditions (heat, humidity, cold, wind, terrain, etc.)

² Training Recovery = nutrition, hydration, resting, stretching, rehab, etc.

³ Life Stress = work stress, travel, emotional stress, illness, nutrition/hydration, how busy you feel, sleep quantity/quality

⁴ Life Recovery = nutrition, hydration, resting, nutrition/hydration, quantity/quality of sleep