



	Are You Piling On? How are you feeling?/Workout/Stressors	Effort			Food		
		E	M	H	B	O	G
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For each day, list your workout and any stressors in your life. Under the effort column, mark if your workout effort was Easy, Medium, or Hard. In the food column, mark if your food was bad, ok, or great. These should not be value judgement but an honest assessment of how things are going in the days leading to your race. You might also keep track of sleep.