



# DIARY OF AN OLYMPIAN

## Activity SHEET



Name:  
**Alex**

Age:  
**16**

Country:  
**GB**

Sport:  
**Track & Field**

**Alex tracked her latest menstrual cycle by noting down how she was feeling each day.**

Choose one week of her cycle and suggest different sports and exercises that you think she would enjoy based on the information you have in this tracker. Use the template to write a short training plan with your recommendations for the week.

\*Remember that everyone's cycle is different. Typically cycles vary between 21 and 35 days. This means that ovulation and bleeding (menstruation) will occur on different days depending on their unique cycle and can change from month to month. Symptoms may vary and it's ok to not feel ok! Tracking can help you plan accordingly and master your menstrual cycle.

### Tracking should include



**Day of Cycle**  
day 1, day 2 etc.



**Flow**  
light / medium / heavy



**Symptoms**  
emotional / physical

Light flow	Medium flow	Heavy flow	Cramps / headaches	Craving sugar
Angry	Sad	Worried	Tired	Ok / not bad
Happy	Positive	Confident	Energetic	Sociable





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Sun	Mon	Tue	Wed	Thu	Fr	Sat
<b>Follicular Phase</b>						
<b>Menstruation</b>						
<b>1</b>	<b>2</b>	<b>3</b> WOW, I'VE BEEN SO TIRED LATELY.	<b>4</b> TIME TO UP MY MOVEMENT AGAIN!	<b>5</b>	<b>6</b>	<b>7</b> STARTING TO FEEL GOOD AGAIN.
<b>Ovulation</b>						
<b>8</b> GETTING MY ENERGY BACK NOW! FEELING HAPPY.	<b>9</b> GETTING LOTS OF SLEEP AND FEELING RELAXED	<b>10</b> I'M FEELING MOTIVATED! LET'S DO THIS!	<b>11</b> FEELING A BIT BLOATED TODAY BUT STILL GOT ENERGY!	<b>12</b>	<b>13</b>	<b>14</b>
<b>Luteal Phase</b>						
<b>15</b>	<b>16</b>	<b>17</b> READY TO FACE CHALLENGES!	<b>18</b> FEELING GOOD ABOUT MY GOALS!	<b>19</b> LOOKING FORWARD TO MEETING UP WITH FRIENDS TODAY!	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> NOT SURE WHY I'M FEELING A BIT NERVOUS TODAY ABOUT MY BIG RACE COMING UP!	<b>24</b> I WONDER IF I AM GOOD ENOUGH TO COMPETE NEXT WEEK. I'M NOT SURE TODAY.	<b>25</b> I'M SO HUNGRY TODAY! I FANCY AN ICE CREAM.	<b>26</b> FEELING A BIT LOW TODAY.	<b>27</b> I KEPT WAKING UP IN THE NIGHT AND WORRYING ABOUT THINGS.	<b>28</b> I COULDN'T SLEEP AT ALL AND NOW ALL I CAN THINK ABOUT IS EATING CHOCOLATE.
<b>29</b>	<b>30</b>	<b>31</b>				



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Complete your training plan for the Olympic athlete

### Olympic Training Plan

Chosen phase of the menstrual cycle (e.g. Follicular) Chosen days of the menstrual cycle: (e.g. days: 4-10)							
How is she feeling during this phase? (e.g. tired)							
Training days	1	2	3	4	5	6	7
Your training recommendations							

