



TEAMGOLDUSA USA1 | DRY TESTING | CHK

Daily Readiness Check-In

Coach administration packet

PURPOSE

A brief athlete-reported check-in supports a direct conversation before training. It is not diagnosis, medical clearance, a validated universal readiness score or an automated training decision.

PRIMARY OUTPUT

Four separate 1-5 responses

EQUIPMENT

Private form and conversation



1

Collect privately

Use a predictable age-appropriate process. Explain who sees the answers and when staff must share a concern for health, safety or safeguarding.

2

Rate four items

Use 1=best/lowest concern and 5=worst/highest concern. Record sleep quality, fatigue, muscle soreness and stress separately, plus an optional private flag.

3

Review the items

Look for a marked item change, flag or request to talk before considering a sum. Identical totals can represent different needs.

4

Document follow-up

Record context, coach conversation and any referral or escalation. Do not automate removal, punishment or clearance from one threshold.



Daily Readiness Check-In

Multi-athlete recording sheet

Date _____ Assessor _____ Location _____ Warm-up/version _____

FIELD / UNIT	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5	ATHLETE 6	ATHLETE 7	ATHLETE 8
Sleep quality 1-5								
Fatigue 1-5								
Muscle soreness 1-5								
Stress 1-5								
Optional total								
Change from usual?								
Private flag?								
Athlete requests talk?								
Coach follow-up								
Referral/action								

RECORD THE EXACT PROTOCOL AND STOP REASON.

Compare like-for-like conditions. Do not convert this sheet into medical diagnosis, clearance or unsupported universal pass/fail standards.



INTERPRETATION LIMITS

- Review individual items before any optional total.
- Use personal patterns; do not rank teammates.
- Protect privacy and use established escalation pathways.
- Urgent health, mental-health or safeguarding concerns require direct action, not score interpretation.

SAFETY AND MEDICAL BOUNDARY

Stop testing for pain, dizziness, chest symptoms, unusual shortness of breath, numbness, tingling, illness, loss of safe control or an individualized restriction. Follow parent/guardian communication, qualified clinical guidance and the emergency action plan.

SCIENTIFIC JOURNALS - HOT LINKS

Saw et al. Subjective athlete monitoring measures

<https://doi.org/10.1136/bjsports-2015-094758>

Hooper et al. Monitoring overtraining and recovery

<https://doi.org/10.1097/00005768-199503000-00003>

Halsen. Monitoring training load and fatigue

<https://doi.org/10.1007/s40279-014-0253-z>

Bergeron et al. IOC youth development consensus

<https://doi.org/10.1136/bjsports-2015-094962>