



# RETURN TO CIRCUS PRE-TRAINING WORKSHEET

## Soreness

0 1 2 3 4 5 6 7 8 9 10

Where: \_\_\_\_\_

## Fatigue

0 1 2 3 4 5 6 7 8 9 10

## Emotional Stress/Mood

0 1 2 3 4 5 6 7 8 9 10

Notes: \_\_\_\_\_

What is my training goal?

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## How to use this worksheet:

Fill out a new copy each time you train.

Make a note of any soreness (or pain). If you are having pain, consult a healthcare professional. Soreness (and your fatigue) will be the biggest indicator of how you need to adjust your training. If you are sore after your training you probably pushed a bit too hard, and a lot too hard if it lingers longer or is more intense than normal. Soreness is an indicator that you need to decrease your training volume and ramp up more slowly. No soreness? Add in that new skill or stay on your apparatus a bit longer.

For your fatigue rating, take into consideration your body fatigue from any previous exercise and sleep quality.

Your mood rating can take into account how excited you are to train, how much fear you have about returning to training, emotional stressors from outside the circus world, or anything else that is affecting how you feel.