

DAILY REPORT LOG



MARIA

KAUAI OAHU MOLOKAI MAUI KONA

STATS - to be filled in by staff

taken by:

	START	FINISH 10-15 mins post
weight 		
blood pressure 		
HR 		

STATS REFUSED BY ATHLETE

To be filled in by crew:

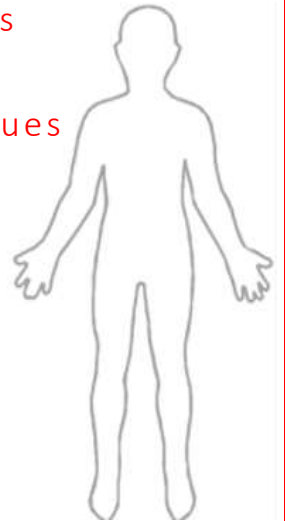
GENERAL MENTAL STATE

- elated, high spirits
- mostly happy
- at peace
- hard to read
- tough but hanging in there
- tolerable
- irritated
- questioning themselves
- doesn't feel prepared enough
- SUFFERFEST. Whose idea was this?
- dig beyond deep day
- angry/mad
- thinking of quitting
- other:



GENERAL PHYSICAL STATE

- healthy appetite, eating well
- drinking plenty of fluids
- taking electrolytes as planned
- doing great, very strong
- doing ok but pushing
- moving forward but barely
- skin and/or apparel overly salty
- not getting enough calories/food
- slowed on electrolytes
- not drinking enough
- nausea / digestion issues
- excessive cramping
- bad blisters
- trouble with heat
- other:



To be filled in by crew:



ATHLETE SLEEP

About how much sleep did the athlete get last night?

hours:mins

Did the athlete sleep in the car, at airport, on flight?

- yes, taking every opportunity to nap
- some napping



no, hasn't been able to nap at all

Did the athlete take a break during event today to nap?

- yes: hours:mins
- no

ATHLETE POTTY CHECK

BOWEL MOVEMENTS IN LAST 24 HRS



0 1 2 3 4+

NORMAL LOOSE CONSTIPATED

REGULAR URINATION?

YES NO UNSURE

IF NO OR UNSURE - please start tracking with athlete log and review with medical

URINE SAMPLE - COLOR

- little to no color
- light yellow (lemonade)
- medium yellow (pineapple)



- dark yellow (apple juice)
- beyond dark (CALL MEDICAL NOW)

CREW SLEEP



hours: mins	SLEEP LAST NIGHT	NAPS DURING TRAVEL	NAPS DURING EVENT	~TOTAL SLEEP TIME
CREW 1				
CREW 2				
CREW 3				
CREW 4				

CREW FEEDBACK

How is the crew team doing?



- All is going great with crew & athlete!
- Crew team is working like a machine!
We have a system in place and everyone knows their roles
- I wouldn't say great but we're surviving
- HELP!** We're falling apart and may need an intervention
- HELP!** We would love a local volunteer in our car, if anyone is available
- HELP!** Our athlete would love a local pacer on the run, if anyone is available

Other feedback: