

Are you overtraining?

1. How is your mood today?

Mood	Points
Very, very good	-2
Very good	-1
Good	0
Good	1
Bad	3
Very bad	5
Very, very bad	7

2. How many hours did you sleep last night?

Hours Sleep	Points
More than nine	-1
Eight or nine	0
Seven (1 point)	1
Five to six	3
Less than five	5

3. Last night I slept:

Sleep	Points
Same as normal	0
One hour more than normal	1
Two or more hours more than normal	3
One hour less than normal	1
Two hours less than normal	3
Three or more hours less than normal	5

4. Have you been sick the past week?

Sick	Points
Yes	5
No	0

5. How would you rate yesterday's workout?

Workout	Points
Very, very easy	-3
Very easy	-1
Easy	0
Average	1
Hard	3
Very hard	5
Very, very hard	7

6. How do your muscles feel?

Muscles	Points
Very, very good	-3
Very good	-1
Good	0
Tender, but not sore	1
Sore	3
Very sore	5
Very, very sore	7

7. Do your legs feel "heavy"?

Heavy Legs	Points
No	0
A little	1
Somewhat	3
Very	7

Total Score: _____

This quiz was developed by [Jack Raglin, Ph.D.](#), a researcher on sports psychology and professor in the kinesiology department at Indiana University in Bloomington, USA. Raglin believes that an athlete's psychological state is a better diagnostic tool than physical factors.

Aim to take this quiz once a week.

A score of 40 or more means you should rest more and train less. Scoring 15 or less suggests you're balancing your training and recovery well. A score that falls in the middle isn't of immediate concern, but should be monitored. He recommends looking out for dramatic score changes – if the score spikes, it's time to take a break from training.