

Perceived Recovery Status Scale

10	Very well recovered/ Highly energetic	Expect improved performance	
9			
8	Well recovered/ Somewhat energetic		
7		Expect similar performance	
6	Moderately recovered		Start next Interval
5	Adequately recovered		
4	Somewhat recovered	Expect declined performance	
3			
2	Not well recovered/ Somewhat tired		
1			
0	Very poorly recovered/ Extremely tired		