**Daily Fitness tracking:**Here is a list of things you may want to track. You certainly don’t have to track everything listed below. Take the pieces you feel will help you reach your riding goals.

**Fitness tracking:**

1. **Morning** **resting heart** **rate.**
2. **Morning** **weight.**
3. **Sleep**.
   1. Hours slept
   2. Quality of sleep (1 to 5, 1 terrible sleep, 5 fantastic sleep)
4. **Morning mood** (1 to 5, 1 terrible mood, 5 fantastic mood)
5. **Morning stress level** (1 to 5, 1 really stressed, 5 what? me worry?)
6. **Perceived energy** level (1 to 5, 1 wiped out, 5 I can take on the world!)
7. What you **eat and when.**
8. **Ride** **stats**.
   1. Mileage
   2. Ride duration
   3. Vertical feet
   4. Trail conditions (30 miles on a rough trail in Moab is harder than 60 miles on a smooth trail in Fruita!)
   5. How you felt on the ride
   6. Heart rate
   7. Power output
9. **Workout** **stats**
   1. Squat: weight, reps, sets
   2. Core workout
   3. Shoulder-, back-, chest work, etc.