Participant:

Testing Session:

Recovery Condition:

1 2 3 4 5 6 7 8 9 10

Not recovered ------------------------------------------------------Fully recovered

Pain Intensity:

1 2 3 4 5 6 7 8 9 10

No pain -------------------------------------------------------------- Maximum pain

Slepp quality:

1 2 3 4 5 6 7 8 9 10

Bad -----------------------------------------------------------------------------Good

Sleep duration in hours:\_\_\_\_\_\_\_\_

CMJ

1 2 3

DJ Height

1 2 3

DJ contact time

1 2 3