Monthly report

Nick M. (fictional sample)

SAMPLE PREVIEW

ATHLETE
Nick M. (fictional sample)

PERIOD
2026-09-01 – 2026-09-30

ISSUED ON
2026-10-01

SKI CLUB / ORGANISATION
Demo Ski Club

ISSUED BY
Christoph N. (fictional coach)

VERSION
Sample preview

14	14	26 h	2
Athlete diary days	Coach diary days	Training time	Race runs

Scope: athlete entries and the issuing coach’s professional records. Other coaches’ records are excluded.

Period at a glance

Sleep per night	**8 h**	target 8 h	On target
Sleep quality	**3.7 / 5**	target 4	Watch
Energy	**3.8 / 5**	target 4	Watch
Training days per week	**2.9**	target 3	Watch
Diary after sessions	**100%**	target 80%	On target
Race runs finished	**50%**	2 runs	Watch

Bar = value in this period · black mark = target · green on target, amber watch, red improve.

Recommendations for the next period

Coach recommendation

> Keep the pre-start cue in races and add one breath after a mistake. Plan bedtime before early sessions; review sleep quality on 14 October. Next technical focus: earlier edge in steeper rhythm changes.

Changes proposed by the coach

- Go to bed by 22:00 on evenings before early sessions.
- Say the start cue out loud before each run.
- One short strength session per week, also in the race season.

Data overview

Agreed action and review	2 entries
Athlete diary	14 entries
Coach diary	14 entries
Physical training and measurements	1 entry
No entries	WHOOP imported readings · Device imported readings (Polar, Garmin, Suunto) · Skiing skills · Season review · Document · Coach document review · Planned race

Entry count is not a measure of work quality. Attendance and performance are not inferred from missing entries.

Recorded training duration	1560 min (14 entries with duration).

Training and competition summary

Athlete diary days	14 (training 12, race 2, rest 0).
Coach diary days	14 (training 12, race 2, rest 0).
Disciplines (coach entries)	GS · giant slalom: 14 sessions, 1560 min.
Runs recorded by the coach	96 course runs in 12 of 14 sessions.
Errors noted by the coach	None recorded. Sessions without a noted error are not error-free sessions.
Snow	Hard 10, Icy 2, Soft 1, Mixed 1. Weather: Clear 10, Cloudy 2, Snowfall 1, Fog 1.

Not recorded in DOME5	Started versus completed runs and the number of observed runs; errors are noted per session, not per run. Runs without a recorded observation are not error-free runs.
Race runs (coach entries)	2 — Finished 1, DNF 1, DNS 0, DSQ 0, No data 0. DNF, DNS and DSQ are counted separately; times are listed only for finished runs.

Wellbeing and nutrition context (athlete entries)

Energy	Average 3.8/5, range 2–5/5 (14 of 14 entries; 0 missing).
Physical wellbeing	Average 4/5, range 4–4/5 (12 of 14 entries; 2 missing).
Sleep quality	Average 3.7/5, range 2–5/5 (14 of 14 entries; 0 missing).
Sleep duration	Average 8 h, range 6.5–8.5 h (12 of 14 entries; 2 missing).
Digestive comfort before training	Comfortable (4–5) 10, neutral (3) 0, uncomfortable (1–2) 2; not answered 2. Meal or snack described in 0 entries.
Goal achievement, average	Athlete no answers; coach no answers.

Equipment named as a distraction by the athlete: 0 entries. DOME5 has no separate equipment feedback question yet.

Averages describe recorded answers only. Missing answers are not zero, not "fine" and not an absence. No diagnosis or readiness score is derived.

In the full report

What went well and the areas to improve with their priority, targets for the next period, colour-coded development week by week or month by month, matched athlete and coach entries, agreed actions and every entry of the period. Available to the athlete and their coach in DOME5.