



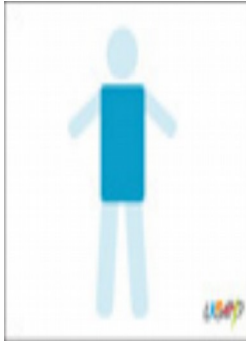



# Observation Sheet

Run 1	First name	Lap	In the zone										If yes, where ? 	
			1	2	3	4	5	6	A y t ?	A y o b ?	A y s ?	Hyp ?		

Run 2		Lap	1	2	3	4	5	6	A y t ?	A y o b ?	A y s ?	Hyp ?	If yes, where ?			H a y f ?
													foot	leg	ankle	
													head	back	knee	
													heart	Hip	belly	

Run 3		Lap	1	2	3	4	5	6	● ● ● ● ?	● ● ● ● ● ?	● ● ● ● ?	● ● ● ?	● ● ● ?	● ● ● ● ?

Run 4		Lap	1	2	3	4	5	6	Ask four questions about : tiredness, pain, breath, sweat and physical feelings						

	<div>Feelings notified as smileys</div> <div></div>			
Laps	Zone choice	Success or no	Feelings	Points
1 (8km/h)				
2 (9km/h)				
3 ....				
4 ....				
5 ....				
6 ...				
7 ...				
8 ...				
Total	If you choose lap n° 5 you have 5 points			

Runner's first name :				observer's first name :			
Lap	Objective	Done	Walk	Zone	Scale of effort by the observer	Scale of effort for the runner	Runner's feelings
1	9km/h	yes	No	Yes	Easy - 1		
2							
4							
5							
6							
7							
8							

During the running				
	The observer		Which way ?	In the zone yes or no
	draw the runner's face	write the showed number corresponding to the runner 'sface		
30 "				
1'				
1'30"				
2'				
2'30"				
3'				
3'30				
4'				

After the running		
Observer and runner analyse the results and color with the right color : red , green, orange		
Feelings	Lap number	Speed and distance

Green = low and very low

Orange = moderate and strong

Red = very strong and exhausted