

TEAM WELLNESS & TRAINING REPORT

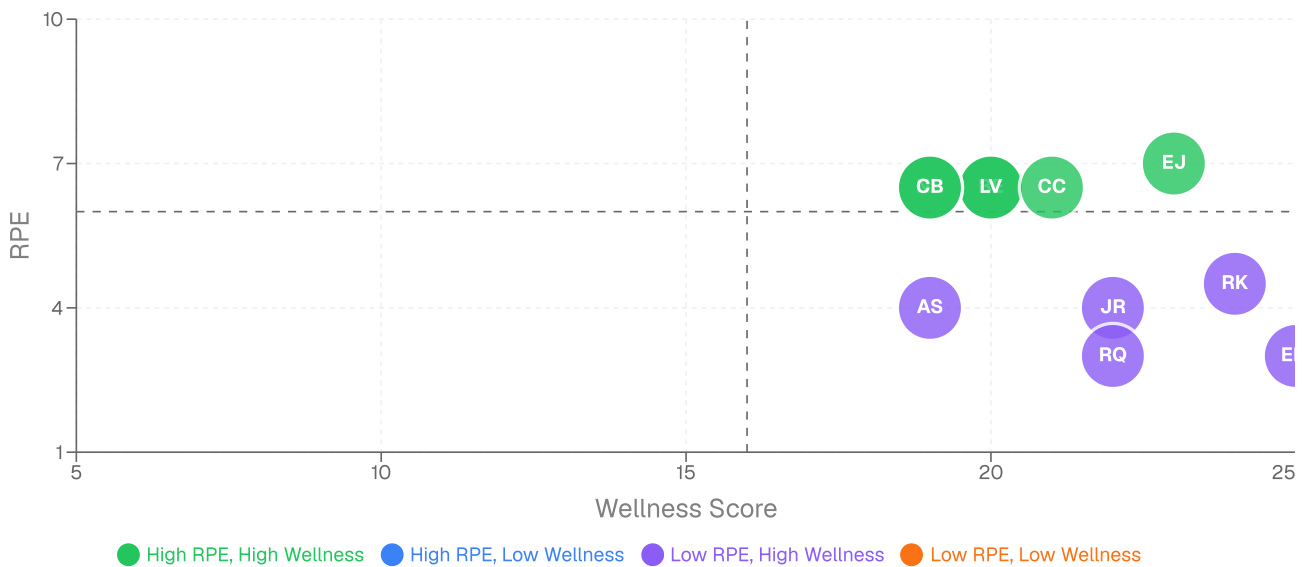
Report Type: Daily Report
 Export Context: All sections
 Date: June 15, 2026
 Team: Demo Team
 Coach: demo
 Club: demo
 Created by [Fractall.fit](#)

Executive Summary - June 15, 2026

KEY METRICS

Overall wellness **21.3 / 25** Training Load **769** Average RPE **4.9** Average ACWR **0.19**

RPE vs WELLNESS OVERVIEW



Legend

ACWR	Wellness (0-25)	RPE (1-10)
<ul style="list-style-type: none"> ● <0.8 Under ● 0.8-1.3 Sweet ● 1.3-1.5 Risk ● >1.5 Over 	<ul style="list-style-type: none"> ● ≥20 Excellent ● 16-20 Moderate ● 12-16 Low ● <12 Very low 	<ul style="list-style-type: none"> ● 1 Very light ● 2-3 Light ● 4-6 Moderate ● 7-8 Vigorous ● 9-10 Very hard

Athlete	Wellness	RPE	ACWR
● High RPE, High Wellness (6)			
Estella Jones EJ	🟢	🟠	Undertraining
Cristina Cormier CC	🟢	🟠	Undertraining

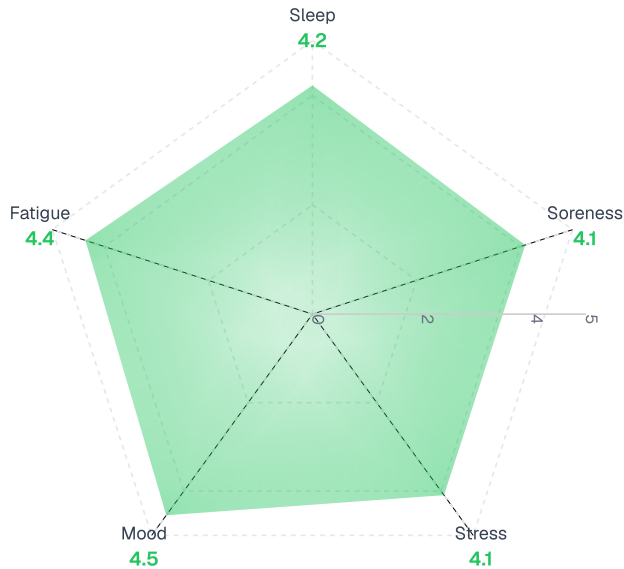
Athlete	Wellness	RPE	ACWR
Brannon Emmerich BE			Undertraining
Laura Veum LV			Undertraining
Naomi Russel NR			Undertraining
Cicero Beahan CB			Undertraining
● Low RPE, High Wellness (5)			
Eloise Mueller EM			Undertraining
Reagan Kuhn RK			Undertraining
Jermey Reilly JR			Undertraining
Roberta Quigley RQ			Undertraining
Ahmed Stanton AS			Undertraining

WELLNESS

TEAM WELLNESS OVERVIEW

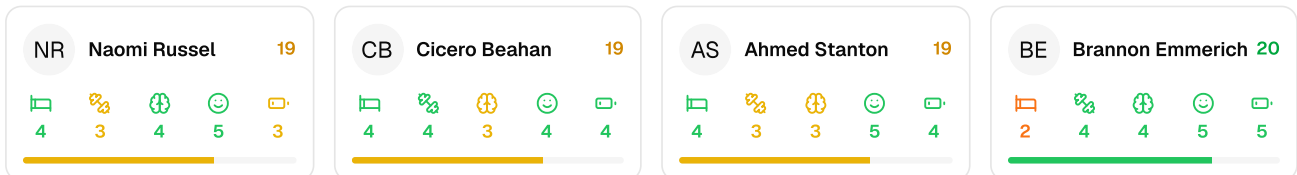
Overall wellness

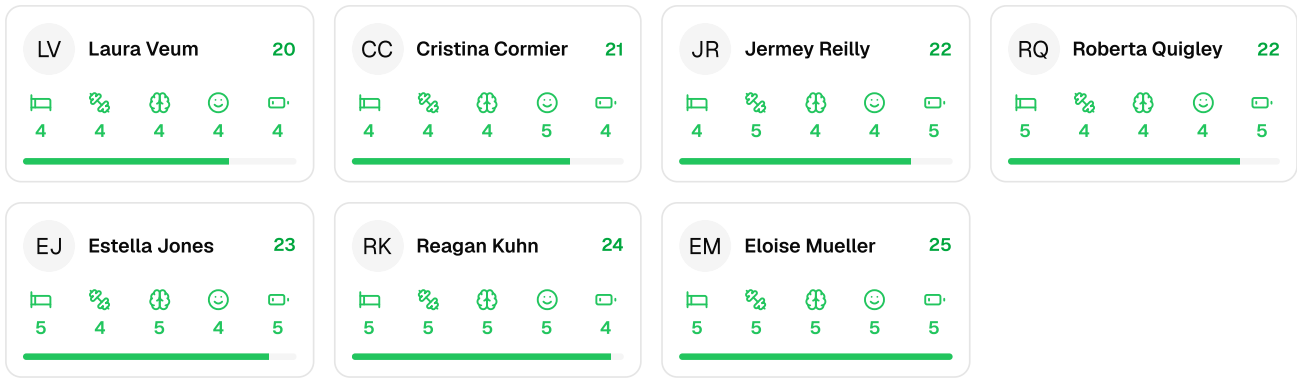
21.3 / 25 • Excellent



INDIVIDUAL ATHLETE WELLNESS SCORES

Sleep
 Soreness
 Stress
 Mood
 Fatigue





BODY PAIN REPORTS

Naomi Russel
Hamstring (Muscle) · Left, Right · 2/5

TRAINING LOAD

TEAM TRAINING LOAD METRICS

Average RPE	Min RPE	Max RPE	Training Load	Average ACWR
4.9	1.0	7.0	769	0.19

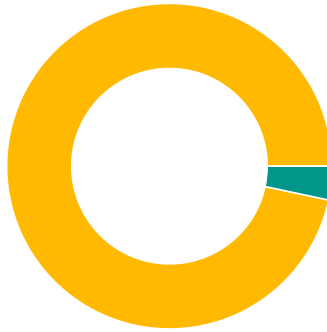
OBSERVATIONS

Athletes:

- Torrance Wuckert** : RPE 1.0 has stayed below team average for 5 days.; ACWR 0.27 has remained below target for 11 days.
- Reagan Kuhn** : ACWR 0.26 has remained below target for 11 days.
- Estella Jones** : RPE 7.0 is above team average and may be temporary.; ACWR 0.44 has remained below target for 8 days.
- Jermey Reilly** : ACWR 0.37 has remained below target for 11 days.
- Keira Grant** : RPE 7.0 is above team average and may be temporary.; ACWR 0.55 has remained below target for 11 days.
- Naomi Russel** : ACWR 0.50 has remained below target for 11 days.
- Kristie Daniel** : ACWR 0.75 has remained below target for 14 days.

ACWR DISTRIBUTION

Team Average ACWR: **0.19**



● Sweet Spot (0.8–1.3) ● Undertraining (<0.8)

Zone	%
● Undertraining (<0.8)	96.7%
● Sweet Spot (0.8–1.3)	3.3%

INDIVIDUAL ATHLETE METRICS

goalkeeper

JL Jacquelyn Led... Sweet Spot

Duration: - RPE: - ACWR: 0.90

TW Torrance Wuc... Undertraining

Duration: 180m RPE: 1 ACWR: 0.27

TB Tabitha Boyer Undertraining

Duration: - RPE: - ACWR: 0.00

BH Blanca Halvor... Undertraining

Duration: - RPE: - ACWR: 0.00

GH Gwen Hilpert Undertraining

Duration: - RPE: - ACWR: 0.00

SM Sydnee Mosc... Undertraining

Duration: - RPE: - ACWR: 0.00

center-back

CB Cicero Beahan Undertraining

Duration: 180m RPE: 7 ACWR: 0.52

SB Shawna Bedn... Undertraining

Duration: 180m RPE: 6 ACWR: 0.00

TF Tonya Flatley Undertraining

Duration: - RPE: - ACWR: 0.00

left-back

RK Reagan Kuhn Undertraining

Duration: 180m RPE: 5 ACWR: 0.26

RG Riley Gusiko... Undertraining

Duration: - RPE: - ACWR: 0.00

right-back

NR Naomi Russel Undertraining

Duration: 180m RPE: 7 ACWR: 0.50

BE Brannon Emm... Undertraining

Duration: 180m RPE: 7 ACWR: 0.00

AS Ahmed Stant... Undertraining

Duration: 180m RPE: 4 ACWR: 0.00

RQ Roberta Quigl... Undertraining

Duration: 120m RPE: 3 ACWR: 0.00

defensive-midfielder

AO Afton Osinski Undertraining

Duration: - RPE: - ACWR: 0.00

central-midfielder

KD Kristie Daniel Undertraining

Duration: - RPE: - ACWR: 0.75

LV Laura Veum Undertraining

Duration: 180m RPE: 7 ACWR: 0.25

attacking-midfielder

KG Keira Grant Undertraining

Duration: 180m RPE: 7 ACWR: 0.55

EJ Estella Jones Undertraining

Duration: 60m RPE: 7 ACWR: 0.44

RJ Rosario Jask... Undertraining

Duration: - RPE: - ACWR: 0.00

left-winger

CC Cristina Corm... Undertraining

Duration: 180m RPE: 7 ACWR: 0.43

IK Isabel Kassul... Undertraining

Duration: 180m RPE: 6 ACWR: 0.00

right-winger

JD Joy Daniel Undertraining

Duration: - RPE: - ACWR: 0.00

MF Margaret Fadel Undertraining

Duration: 120m RPE: 3 ACWR: 0.00

striker

EM Eloise Mueller Undertraining

Duration: 60m RPE: 3 ACWR: 0.46

JR Jermey Reilly Undertraining

Duration: 180m RPE: 4 ACWR: 0.37

DG Deonte Good... Undertraining

Duration: - RPE: - ACWR: 0.00

RP Raquel Powlo... Undertraining

Duration	RPE	ACWR
120m	3	0.00

—

GS Grant Schust... Undertraining

Duration	RPE	ACWR
-	-	0.00