

# TEAM WELLNESS & TRAINING REPORT

Fractall.fit

Report Type: Weekly Report

Week Range: Jun 15, 2026 - Jun 21, 2026

Team: Demo Team

Coach: demo

Club: demo

Created by [Fractall.fit](#)

## EXECUTIVE SUMMARY

7-day team recovery and load summary with critical/high-risk scenario flags.

OVERALL WELLNESS

**20.1 / 25**

Team average across the selected week

AVERAGE TRAINING LOAD

**523**

Daily load average

AVERAGE ACWR

**0.93**

Sweet spot: 0.8-1.3

MONOTONY

**0.60**

Higher values indicate lower day-to-day variation

TOTAL BODY PAIN REPORTS

**67**

All pain reports across the selected week

RISK ATHLETES

**11**

4 critical, 8 high

## OBSERVATIONS

**Summary:** Critical: 4, High: 8

### Critical

- Deonte Goodwin** **Body Pain** - High-intensity pain before match. High-intensity body pain was reported 1-2 days before match day in Calves Muscle Right, Calves Muscle Left.
- Tabitha Boyer** **Body Pain** - High-intensity pain before match. High-intensity body pain was reported 1-2 days before match day in Deltoids Muscle Right.
- Ahmed Stanton** **Training Load** - ACWR overtraining risk persisted. ACWR stayed above 1.5 for 6 consecutive days (Tue 16 to Sun 21).
- Isabel Kassulke** **Training Load** - ACWR overtraining risk persisted. ACWR stayed above 1.5 for 6 consecutive days (Tue 16 to Sun 21).

### High

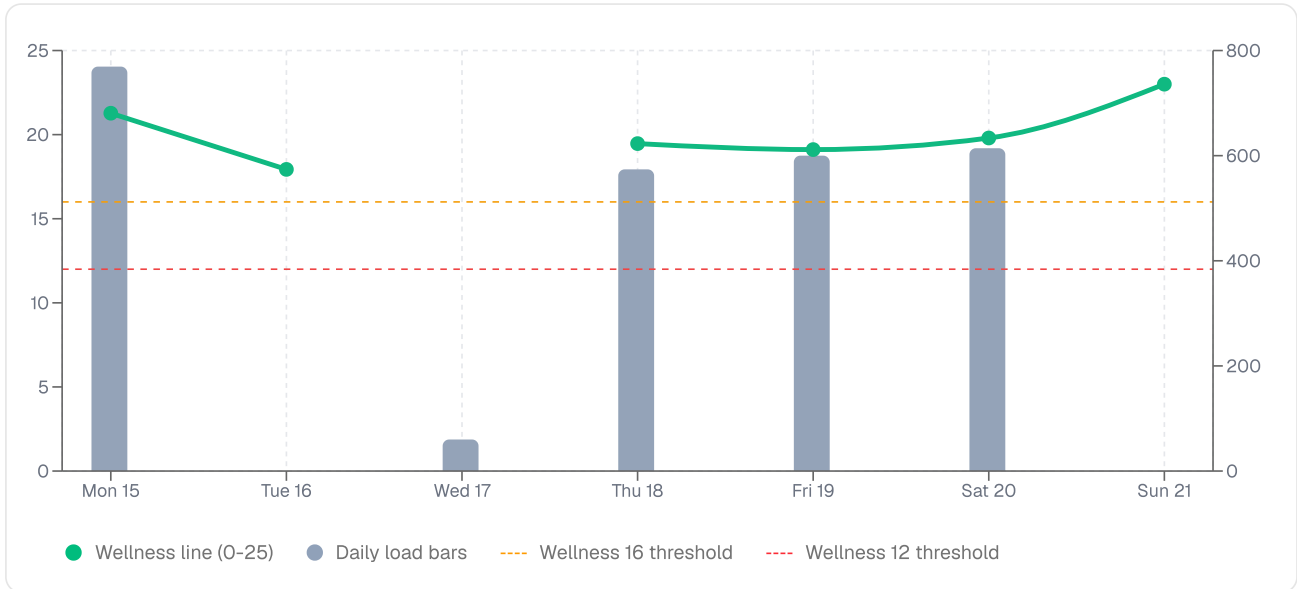
- Isabel Kassulke** **Body Pain** - Moderate pain persisted before match. Knees Muscle Right showed moderate intensity pain on 2 consecutive pre-match days.
- Naomi Russel** **Body Pain** - Moderate pain persisted before match. Lower Back Muscle Right showed moderate intensity pain on 2 consecutive pre-match days.
- Grant Schuster-Lesch** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 7 consecutive days (Mon 15 to Sun 21).
- Joy Daniel** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 7 consecutive days (Mon 15 to Sun 21).
- Riley Gusikowski** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 7 consecutive days (Mon 15 to Sun 21).
- Rosario Jaskolski** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 7 consecutive days (Mon 15 to Sun 21).
- Tonya Flatley** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 6 consecutive days (Mon 15 to Sat 20).

- **Torrance Wuckert** Training Load - ACWR undertraining pattern. ACWR stayed below 0.8 for 5 consecutive days (Mon 15 to Fri 19).

## WELLNESS

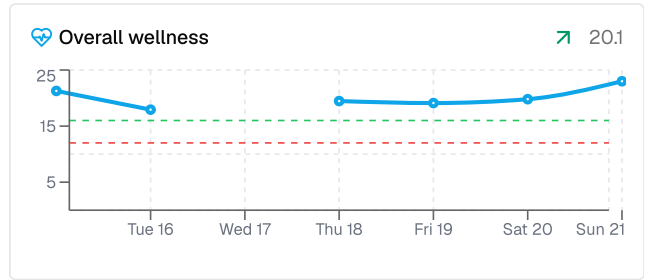
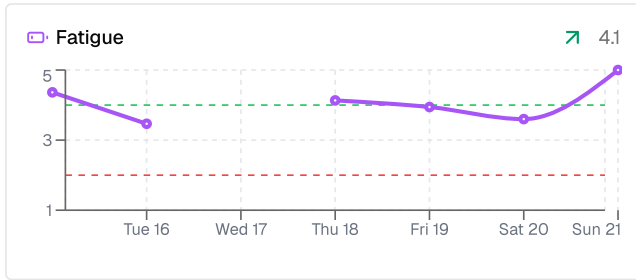
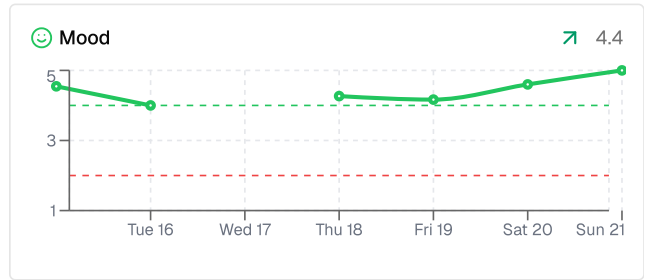
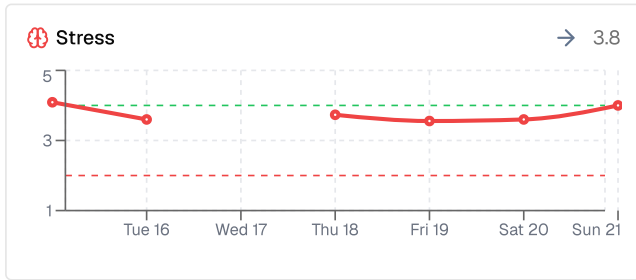
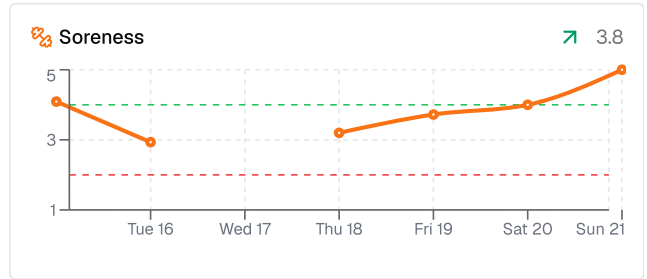
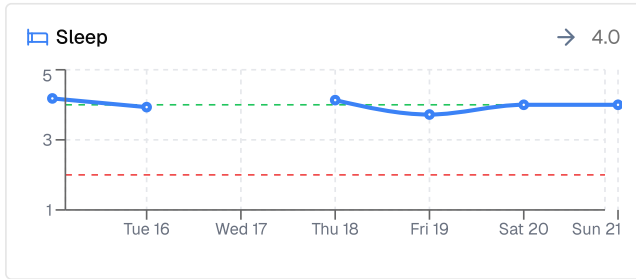
### Overall Recovery vs Daily Load Trend

Dual-axis chart (load bars + wellness line with thresholds).



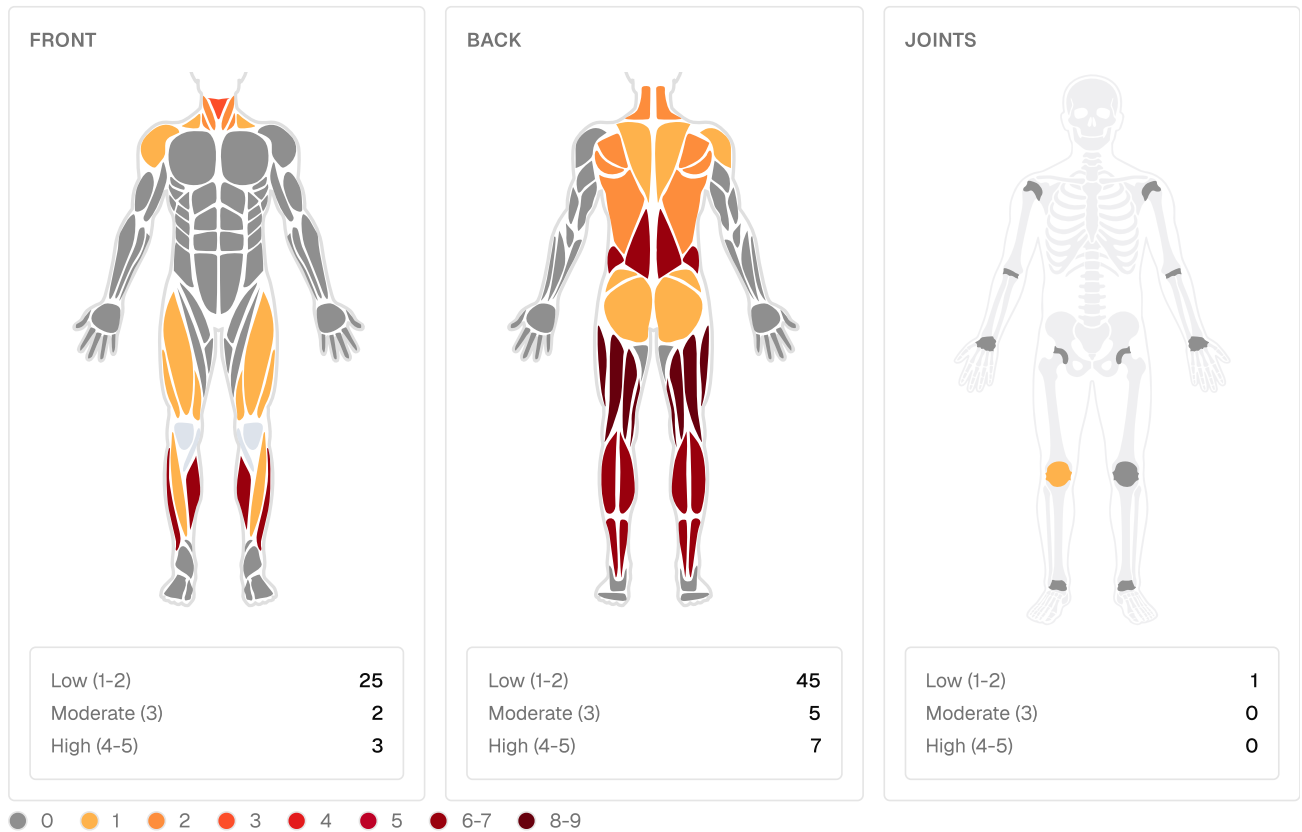
## Wellness Metrics Evolution

Five mini trend charts arranged in a grid with shared scale for easier per-metric trend reading.

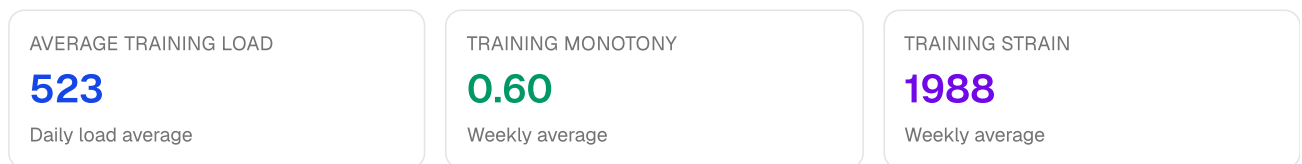


## Body Pain Heatmap

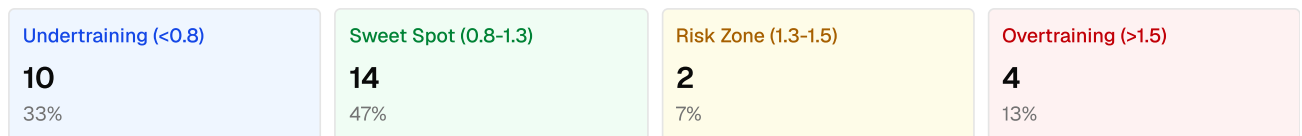
Weekly report volume by body area. Darker colors indicate more submissions; see legend for count ranges.



## TRAINING LOAD

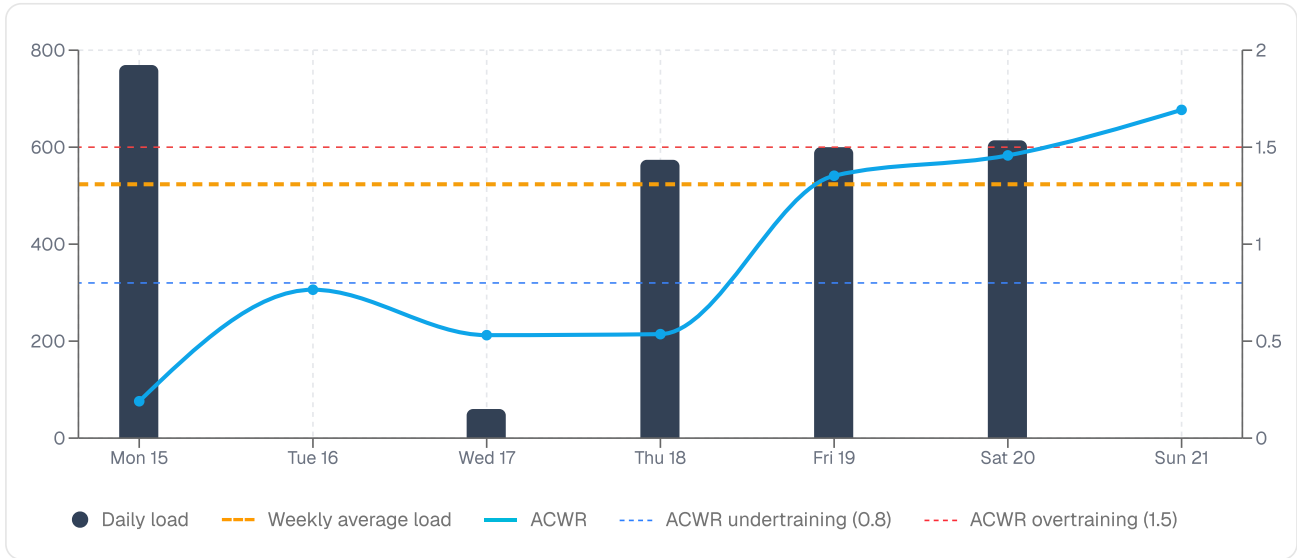


## ACWR Distribution (Team)



## Daily Training Load, Weekly Average & ACWR

Load bars with weekly average reference line and ACWR trend (0.8 and 1.5 thresholds).



## Monotony & Strain Trends

Daily team averages with directional trend arrows.

