Training plan sheet

Plan and log a block of gym training, with space for your happiness and gains.

Before you start

- [ ] Write down your four battle stats today
- [ ] Note your gym and its gains for the stat you are training
- [ ] Note your maximum happiness and any gym gain bonuses you have
- [ ] Decide which stat this block is for and why

Training log

One row per session. Happiness before and after shows how much each session cost you.

Date	Gym	Stat	Energy	Happy before	Happy after	Gain

After the block

- [ ] Compare your gains with the gym gains estimator's prediction

☐	Check whether you can now unlock a better gym
☐	Rebalance your plan for the next block