Download the logbook app for either Android [https://www.peformaxcsa.co.za/logbook_Android/](https://www.peformaxcsa.co.za/logbook_Android/) or Apple smart phones [https://www.peformaxcsa.co.za/logbook_IOS/](https://www.peformaxcsa.co.za/logbook_IOS/)

Follow the prompts to enter your details. You may also fill in the name and email address of your coach who will then receive reports on your bowling workload. If you are recovering from an injury you may enter the email address of your physiotherapist or biokineticist to allow them to monitor your bowling load when you return to play after an injury.

Select the day you need to insert workload data for. You are able to add data retrospectively if you have forgotten to load a day’s overs, however the accuracy of this tool is better the more diligent you are with filling in data on a daily basis.

The app will also ask whether these overs were bowled in a match or practice. In addition there are a few questions on whether your back felt tired or sore. It is important to monitor this as this may provide an early warning sign for injury.

You are able to monitor your workload over time graphically. You can view your total workload or workload for practices or matches specifically. Your load will be represented by a blue line. A red line will indicate the recommended bowling workload for your age group as prescribed by CSA. The yellow line represents a rolling average which is an average of your number of overs over the preceding 3 weeks. As you use this monitoring tool you will start to be able to identify increases in load and spikes in bowling load. If this occurs it is important for you to adjust your loads accordingly to reduce your risk of injury. Your coach should be able to assist you with this.