



PERFORMANCE DAY: MORNING / EVENING RITUALS

MINDSET

- Visualize Your Performance Day.
- Repeat Your "WHY" Statement, Visualize, and Sense the Benefits of Living It.
- Write or draw in "gratitude journal".

NUTRITION/HYDRATION

- Drink 16 oz. of Water soon after awakening.
- Eat a Balanced Breakfast, including protein and fat soon after awakening.
- Chew food thoroughly.
- Relax and be Grateful while eating nourishing food.

MOVEMENT

- Perform Pre/Post Sleep Routine.
- Perform recommended Corrective, Mobility and/or Recovery Supplements.
- Perform self-massage.

RECOVERY

Breathing to Balance the Autonomic Nervous System (ANS)

- While performing breathing exercises, inhale through nostrils and exhale through pursed lips.
- To achieve high levels of performance all day, it is important to balance the ANS by breathing, sleeping and eating properly.



RITUALS	EVENT Breathing Tempo • IN – HOLD – EXHALE (Seconds) X = Explode	
+ Create Your Daily Game Plan	Wake Up Tired	6 – 2 – X
+ Your “Performance Day”	Wake Up Anxious	6 – 4 – 10
+ Instill Yourself with the High-Performance Mindset	Periodically During Day	4 – 2 – 6
+ 8-10 Hours of Sleep per Night	Moments of Anxiety	6 – 4 – 10
+ Visualization	Moments of Tiredness	4 – 0 – X
+ Meal Frequency and Timing (Approx. every 3 hrs. and REFUEL within 10 min. of Finishing Workout.) Hydration: .5 – 1 oz. of Water per lb. of body weight	Meditating	8 – 4 – 12
+ Posture Checks	Before Meals	4 – 2 – 6
+ Breathing	Bedtime	6 – 4 – 12
+ Nap/Rest		
+ Planned Training		

Support your moment-to-moment process towards your “WHY” by being supportive of your mind/body with optimal resources and recovery fueling your change. The Pillars of long lasting change are: **Mindset, Recovery, Nutrition/Hydration, and Movement**. For further assistance see UpRight Movement’s [Regeneration Guidelines](#).