

**DAILY
REGENERATION
MONITOR:
Sub-Optimal:
0 – 48**



**Focus on Recovery
through Sleep, Rest,
Breathing Exercises,
Water Consumption,
Nutritious Food, &
Gentle Walking In
Nature**



**FUNDAMENTAL
PATTERNS
Or
TOTAL
RECOVERY**

**DAILY
REGENERATION
MONITOR:
Fair:
51 – 81**



**Focus on Recovery
through Sleep, Rest,
Breathing Exercises,
Water Consumption,
Nutritious Food, &
Gentle Walking In
Nature**



**TRANSITIONAL
PATTERNS
Or
ACTIVE
RECOVERY**

**DAILY
REGENERATION
MONITOR:
Optimal:
84 – 99**



**If your DAILY
REGENERATION
MONITOR is within
your normal values
and your subjective
scores are trending
positively. Proceed
as planned**



**FUNCTIONAL
PATTERNS**