



## DAILY READINESS INDEX

■ = Sub-Optimal

■ = Fair

■ = Optimal

MONITOR	RAW TOTAL	COMMENTS
Daily Readiness Monitor	■ ■ ■	
Daily Regeneration Monitor	■ ■ ■	
HRV (Heart Rate Variability)	■ ■ ■	
FEEL BETTER • MOVE BETTER • PERFORM BETTER		
FINAL TOTAL		

**DIRECTIONS:** Add two or more of the monitor totals together and round to the lowest common value. The result is the final total of your Daily Readiness Index (DRI).

**EXAMPLE:** Daily Readiness Monitor ■ + Daily Regeneration Monitor ■ + HRV (Heart Rate Variability) ■ = DRI ■

**The recommended developmental phase and training intensity for each DRI level is:**

■ **Sub-Optimal: Fundamental:** Breathing, Gripping, Head-Eye Tracking, Reaching, Leg Raising, Supine, Rolling, Prone, Supine, Hip Flexion/Extension, Short Foot Posture. 0-40% and or 1-20 min. training session duration.

■ **Fair: Transitional:** Quadruped, Rotary Stability, Trunk Stability, Crawling, Half Kneeling, Full Kneeling. 40-60% and or 20-40 min. training session duration.

■ **Optimal: Functional:** Lunging, Stepping, Squatting, Carrying, Gait, Skipping, Running, Deceleration, Acceleration, Jumping, and Hopping. 60-80% and or 40-60 min. training session duration.

Focus on keeping your totals as close to the green as possible. If you experience two days in a row where your DRI decreases take at least one day of TOTAL rest. If your DRI keeps decreasing, take a step back and correct whatever needs to be corrected. It may be: mindset, self-time, water consumption, sleep quantity, sleep quality, food quality or type, meal timing, movement (too little or too much). Keep your DRI as high as possible and soon you will be feeling consistently great. For further assistance see UpRight Movement's [Regeneration Guidelines](#).



UPRIGHT MOVEMENT

Defy Gravity

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Athlete Name:  
Month/Year:

### Daily Readiness Index Totals

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Optimal																															
Fair																															
Sub-Optimal																															

**DIRECTIONS:** Use this form with the Daily Readiness Index, by plotting the totals in the appropriate rows.

[www.UprightMovement.com/resources/regeneration-guidelines](http://www.UprightMovement.com/resources/regeneration-guidelines)





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