

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