

**DAILY READINESS INDEX:
Sub-Optimal**



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



FUNDAMENTAL PATTERNS Or TOTAL RECOVERY

**DAILY READINESS INDEX:
Fair**



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



TRANSITIONAL PATTERNS Or ACTIVE RECOVERY

**DAILY READINESS INDEX:
Optimal**



If your DAILY READINESS INDEX is within your normal values and your subjective scores are trending positively. Proceed as planned



FUNCTIONAL PATTERNS