



DAILY READINESS MANAGER

■ = Sub-Optimal

■ = Fair

■ = Optimal

My Thoughts, Actions, and Habits are supportive of my Goals.

Yes = 1 No = 0

I Mentally Rehearsed the success of my goals.

Yes = 1 No = 0

I practiced Positive Self-Talk about my goals.

Yes = 1 No = 0

I performed breathing exercises for an approximate combined total of 5-20 minutes today.

Yes = 1 No = 0

I shared time with a friend, loved one and/or pet.

Yes = 1 No = 0

I slept by 10 PM for 8-10 Hours.

Yes = 1 No = 0 L BETTER • MOVE BETTER • PERFORM BETTER

I drank .5 – 1 oz. of Water per lb. of body weight, ate quality, fresh, nourishing whole foods rich in Omega-3s, colorful vegetables, and minimized consumption of processed-grains, sugars and artificial sweeteners.

Yes = 1 No = 0

I got sun exposure in the morning and/or afternoon, and/or enjoyed a relaxing walk (preferably in nature).

Yes = 1 No = 0

I rested in the primitive postures of restoration.

Yes = 1 No = 0

I performed my self-massage and recommended routines.

Yes = 1 No = 0

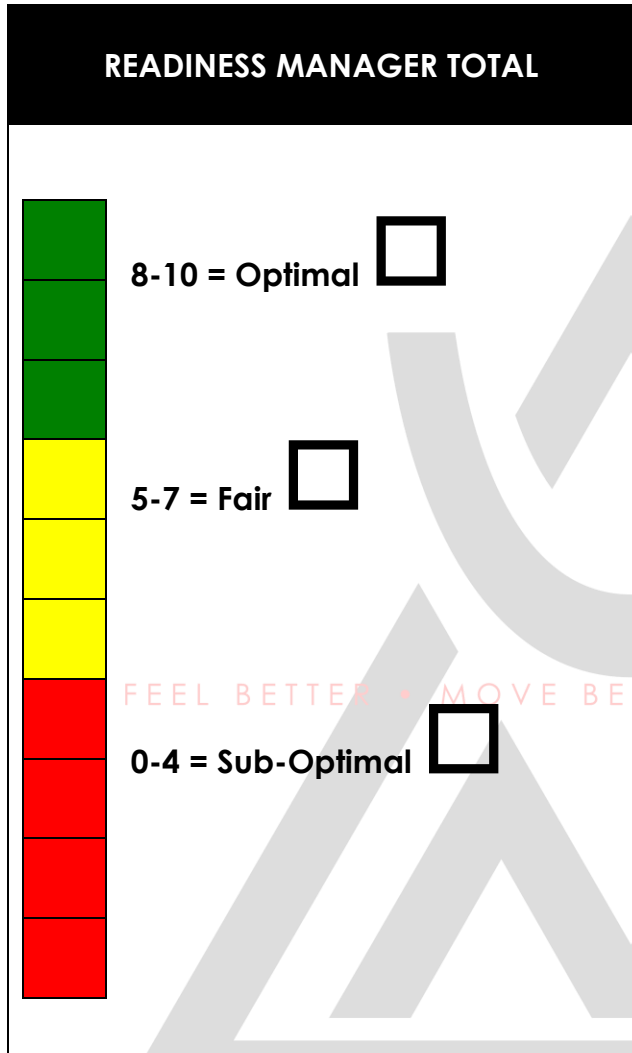


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UPRIGHT MOVEMENT

Defy Gravity

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Athlete Name:
Month/Year:

Daily Readiness Manager 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	10																														
	9																														
	8																														
Fair	7																														
	6																														
	5																														
Sub-Optimal	4																														
	3																														
	2																														
	1																														
	0																														

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

www.UpRightMovement.com/resources/regeneration-guidelines





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