

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