

**DAILY READINESS
MANAGER:
Sub-Optimal:
0 – 4**



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



**FUNDAMENTAL
PATTERNS
Or
TOTAL
RECOVERY**

**DAILY READINESS
MANAGER:
Fair:
5 – 7**



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



**TRANSITIONAL
PATTERNS
Or
ACTIVE
RECOVERY**

**DAILY READINESS
MANAGER:
Optimal:
8 – 10**



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



**FUNCTIONAL
PATTERNS**