

**DAILY READINESS
MONITOR:
High Priority:
0 – 40%**



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



**FUNDAMENTAL
PATTERNS
Or
TOTAL
RECOVERY**

**DAILY READINESS
MONITOR:
Moderate Priority:
40 – 60%**



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



**TRANSITIONAL
PATTERNS
Or
ACTIVE
RECOVERY**

**DAILY READINESS
MONITOR:
Low Priority:
60 – 80%**



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



**FUNCTIONAL
PATTERNS**