UpRight Movement | Defy Gravity

DAILY REGENERATION MONITOR

🟥 = Sub-Optimal   🟨 = Fair   🟩 = Optimal

MINDSET	BREATHING

Mindset is about leveraging the power of your thoughts to best serve you- it's one of the best tools to manage stress. Thoughts can greatly influence your reality, and they are probably your number one asset when properly utilized.

1. Visited and/or visualized a beautiful, peaceful landscape like a beach or forest. Engaged all my senses (sight, hearing, smell, taste, and feel).
   Yes = 3 ☐   No = 0 ☐

2. Performed or observed a random act of kindness.
   Yes = 3 ☐   No = 0 ☐

3. Shared time with a friend, loved one and/or pet.
   Yes = 3 ☐   No = 0 ☐

4. Wrote or drew in "gratitude journal".
   Yes = 3 ☐   No = 0 ☐

5. Relaxed and Grateful while eating nourishing food.
   Yes = 3 ☐   No = 0 ☐

6. Exercise was enjoyable with Positive Self-Talk. If did not exercise was happy with Positive Self-Talk.
   Yes = 3 ☐   No = 0 ☐

Breathing to Balance the Autonomic Nervous System (ANS)

- While performing breathing exercises, inhale through nostrils and exhale through pursed lips.

- To achieve high levels of performance all day, it is important to balance the ANS by breathing, sleeping and eating properly.

EVENT	Breathing Tempo • IN – HOLD – EXHALE (Seconds) X = Explode
Wake Up Tired	6 – 2 – X
Wake Up Anxious	6 – 4 – 10
Periodically During Day	4 – 2 – 6
Moments of Anxiety	6 – 4 – 10
Moments of Tiredness	4 – 0 – X
Meditating	8 – 4 –12
Before Meals	4 – 2 – 6
Bedtime	6 – 4 – 12

1. Performed breathing exercises for an approximate combined total of 5-20 minutes today.
   Yes = 3 ☐   No = 0 ☐

UpRight Movement | Defy Gravity

DAILY REGENERATION MONITOR

🟥 = Sub-Optimal   🟨 = Fair   🟩 = Optimal

SLEEP	TISSUE HEALTH

SLEEP

Sleep: 8 – 10 hrs. per night

Deep Wave Sleep – Physical Regeneration

- Hormone Management – anabolic (GH) vs. stress (cortisol)
- Tissue repair

REM Sleep – Mental Regeneration

- Focus, alertness
- Synapses are ingrained

_____

1. Awoke with the sun.
   Yes = 3 ☐   No = 0 ☐

2. Sun exposure in the morning for 15 minutes and again later in the afternoon.
   Yes = 3 ☐   No = 0 ☐

3. Avoided caffeine after 12 PM.
   Yes = 3 ☐   No = 0 ☐

4. Avoided Alcohol and Minimized Sugar and Grain Consumption, especially close to bedtime.
   Yes = 3 ☐   No = 0 ☐

5. Started winding down 2 hours before bedtime and dimmed the lights in the house, (incl. TV and Computers).
   Yes = 3 ☐   No = 0 ☐

6. Made bedroom dark and cool.
   Yes = 3 ☐   No = 0 ☐

7. Fell asleep by 10 PM.
   Yes = 3 ☐   No = 0 ☐

8. Slept for 8-10 Hours.
   Yes = 3 ☐   No = 0 ☐

TISSUE HEALTH

Pre – Post Sleep/Mobility/Self Massage/Recovery – To Be Performed Daily

- Perform Pre/Post Sleep Routine, recommended Mobility and/or Recovery Supplements, as well as Self Massage

To improve muscle tissue health, the movement supplements and self-massage should be practiced daily. This can help promote improved tissue repair, muscle length-tension relationships, physical stability, and athletic performance.

_____

1. Performed Pre/Post Sleep Routine.
   Yes = 3 ☐   No = 0 ☐

2. Performed recommended Mobility and/or Recovery Supplements.
   Yes = 3 ☐   No = 0 ☐

3. Performed self-massage.
   Yes = 3 ☐   No = 0 ☐

DAILY REGENERATION MONITOR

🟥 **= Sub-Optimal**   🟨 **= Fair**   🟩 **= Optimal**

REBUILD

FUEL – BUILD – PROTECT – PREVENT – HYDRATE

Protein: .5 – 1 gram per lb. of body weight (Choose Organic Pasture Raised)

- Amino acids found in protein are the building blocks of muscle.
- If protein is not the primary macro – nutrient, then it does not count as a quality source of protein.
- Best choices: Turkey, Chicken, Fish, Beef, other meats, and Whole Eggs
- Other good options: Low fat/whole fat cottage cheese and Greek yogurt

It is very difficult to get 1g / lb. – it is important to get a good breakfast, and plan quality snacks.

Vegetables: Quantity – 8 servings / day Variety – 5 to 6 different colors (Choose Certified Organic)

- Great source of nutrients, antioxidants, and fiber.
- Help to buffer blood pH – acidic environments break down tissue, basic environments are good for rebuilding tissue.

*Avoid "White" Foods – protein and veggies are nutrient dense. "White foods" such as bread, pasta, rice, potatoes have very little nutritional value, and are converted to sugar very quickly.

Hydration: .5 – 1 oz. of Water per lb. of body weight

- Water that is filtered is best. Tea and coffee do not count. Avoid liquid calories (juice, soda, alcohol, etc.)

Healthy Fats

- Fish Oil: Men = 3g EPA + DHA / Day Women = 1g EPA + DHA / Day
- Avocados, Olive Oil, Coconut Oil, Almonds, Walnuts, Macadamia nuts

---

1. Drank .5 – 1 oz. of Water per lb. of body weight.
   Yes = 3 ☐   No = 0 ☐

2. Ate Breakfast soon after awakening.
   Yes = 3 ☐   No = 0 ☐

DAILY REGENERATION MONITOR

■ = Sub-Optimal   **■ = Fair**   **■ = Optimal**

3. Chewed my food thoroughly.
Yes = 3 ☐   No = 0 ☐

4. Ate a portion of animal protein and fat consisting mostly of Omega-3s, with each snack and meal.
Yes = 3 ☐   No = 0 ☐

5. Ate 4-8 servings of vegetables throughout the day.
Yes = 3 ☐   No = 0 ☐

6. Ate 3-6 different colored vegetables during the day.
Yes = 3 ☐   No = 0 ☐

7. Ate no more than 2 servings of fruit.
Yes = 3 ☐   No = 0 ☐

8. Ate minimally processed whole fresh foods.
Yes = 3 ☐   No = 0 ☐

9. Kept sugar intake to less than 25 grams.
Yes = 3 ☐   No = 0 ☐

10. Avoided artificial sweeteners.
Yes = 3 ☐   No = 0 ☐

11. Had minimal processed-grains.
Yes = 3 ☐   No = 0 ☐

12. Had no more than 1 cup of coffee or tea.
Yes = 3 ☐   No = 0 ☐

13. Had no soda, energy drinks, or fruit juices.
Yes = 3 ☐   No = 0 ☐

14. Had no alcoholic beverages.
Yes = 3 ☐   No = 0 ☐

15. Had no nicotine and/or narcotics.
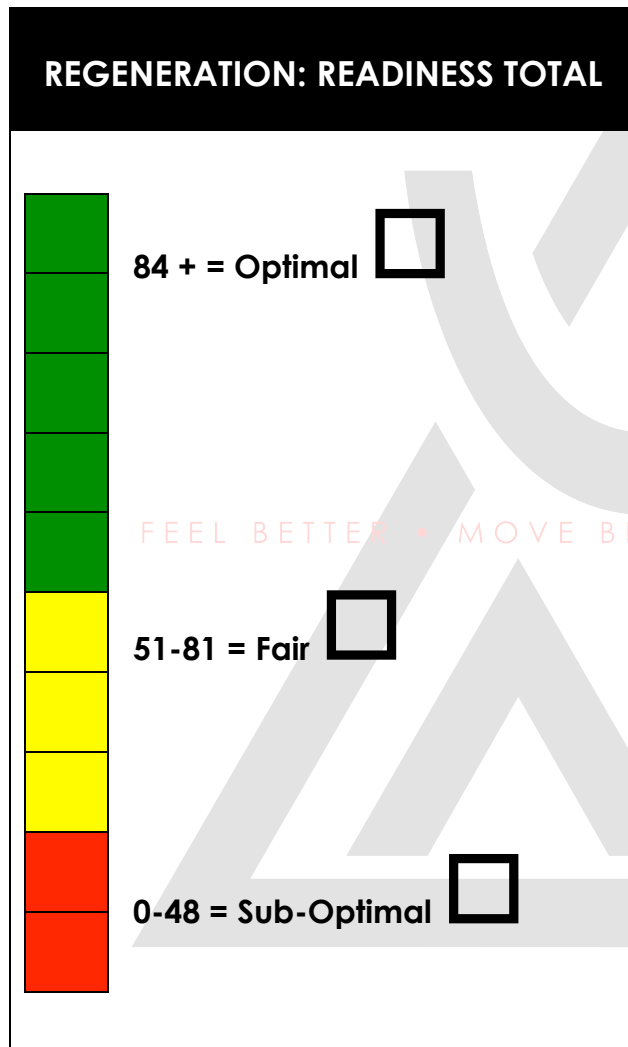**Yes = 3 ☐   No = 0 ☐**

UpRight Movement | Defy Gravity

DAILY REGENERATION MONITOR

■ = Sub-Optimal   ■ = Fair   ■ = Optimal

REGENERATION: READINESS TOTAL

84 + = Optimal ☐

51-81 = Fair ☐

0-48 = Sub-Optimal ☐

UpRight Movement | Defy Gravity

DAILY REGENERATION MONITOR

■ = Sub-Optimal   ■ = Fair   ■ = Optimal

Athlete Name:
Month/Year:

Daily Regeneration Monitor 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	99																															
	96																															
	93																															
	90																															
	87																															
	84																															
Fair	81																															
	78																															
	75																															
	72																															
	69																															
	66																															
	63																															
	60																															
	57																															
	54																															
	51																															
Sub-Optimal	48																															
	45																															
	42																															
	39																															
	36																															
	33																															
	30																															
	27																															
	24																															
	21																															
	18																															
	15																															
	12																															
	9																															
	6																															
	3																															
	0																															

DIRECTIONS: Use this form with the daily regeneration monitor, by plotting the totals in the appropriate rows.

www.UpRightMovement.com/resources/regeneration-guidelines

DAILY REGENERATION MONITOR

🟥 = Sub-Optimal   🟨 = Fair   🟩 = Optimal

DAILY REGENERATION MONITOR: Sub-Optimal: 0 – 48 ➡️ Focus on Recovery through Sleep, Rest, Breathing Exercises, Water Consumption, Nutritious Food, & Gentle Walking In Nature ➡️ FUNDAMENTAL PATTERNS Or TOTAL RECOVERY

DAILY REGENERATION MONITOR: Fair: 51 – 81 ➡️ Focus on Recovery through Sleep, Rest, Breathing Exercises, Water Consumption, Nutritious Food, & Gentle Walking In Nature ➡️ TRANSITIONAL PATTERNS Or ACTIVE RECOVERY

DAILY REGENERATION MONITOR: Optimal: 84 – 99 ➡️ If your DAILY REGENERATION MONITOR is within your normal values and your subjective scores are trending positively. Proceed as planned ➡️ FUNCTIONAL PATTERNS