

**HRV:
1 – 3**



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



**FUNDAMENTAL
PATTERNS
Or
TOTAL REST**

**HRV:
4 – 6**



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



**TRANSITIONAL
PATTERNS
Or
ACTIVE REST**

**HRV:
7 – 10**



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



**FUNCTIONAL
PATTERNS**