



LIFE PERFORMANCE OUTLINE

PRINCIPLE	PROCESS
MINDSET	<ol style="list-style-type: none">1. Thoughts2. Actions3. Habits <p>See: UpRight Movement Principles Declaration of Health and Fitness A Reason For BEing The Way You Do Anything is the Way You Do Everything: Code Of Conduct The One You Feed</p>
RECOVERY	<ol style="list-style-type: none">1. Sleep Quality2. Schedule3. Duration <p>See: How Tired Are You? Sleep Your Most Important Recovery Tool Recovery and Training are Interdependent The Pre-Flight Checklist: Monitoring Fatigue</p>
NUTRITION/HYDRATION	<ol style="list-style-type: none">1. Quality2. Timing3. Nutrient Ratios <p>See: Food for Your Life Rules To Live By Performance is Limited by Recovery Your Nutritional Fingerprint: Metabolic Typing Hydration 101</p>
MOVEMENT	<ol style="list-style-type: none">1. Protect2. Correct3. Develop <p>See: Primitive Postures of Restoration To Stand is to Be Human Return From Injury Master the Essentials: 4 Sources of Athletes' Reduced Risk For Injury Are You Up To Standard? Training + Rehab = Training The Why, How, and What of UpRight Movement</p>

Support your moment-to-moment process towards your "WHY" by being supportive of your mind/body with optimal resources and recovery fueling your change. The Pillars of long lasting change are: **Mindset, Recovery, Nutrition/Hydration, and Movement.** For further assistance see UpRight Movement's [Regeneration Guidelines](#).