

My Rest Plan

Athlete Name: _____

Recovery Period:

My Body Currently Feels....

My Mind Currently Feels....

My Physical Recovery Plan:

During this time, I will try the following: (Circle One)

Walking

Jogging

Cycling

Hiking

Stationary Machines

Low Impact Aerobics

Swimming

Yoga

Weight Lifting (30-40%)

How It Went:

How I Feel:

My Mental Recovery Plan:

During this time, I will try the following: (Circle One)

Mindfulness

Meditation

Gratitude Journaling

Social Support

Time in Nature

Good Sleep Habits

Other Active Relaxation: _____

How It Went:

How I Feel: