



Recovery and Regeneration Points System

Fill out this guide over the course of a week to assess your recovery behaviors. The daily total reveals whether you are paying adequate attention to your physical and mental recovery needs. **17-20** daily points is optimal; **15-16** points is good but shows room for improvement; **14 or fewer** points means you need to evaluate your recovery behaviors.

Recovery Strategy	Possible Points	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Nutrition	8							
Breakfast	1							
Lunch	2							
Dinner	2							
Pre-workout snack	1							
Post-exercise refueling within 60 minutes.	2							
Hydration	2							
Pre-exercise urine: clear or light color	1							
Post-exercise urine: clear or light color	1							
Sleep and Rest	4							
8 hours of restful sleep	3							
Nap during the day	1							
Relaxation and Emotional Status	3							
Fully relaxed 60 minutes post-workout or 30 minutes of feet-up relaxation post workout	1							
No daily psycho-social stress	2							
Stretching/Cooldown	3							
Adequate cooldown after exercise	2							
Stretching for at least 10 minutes	1							
TOTALS	20							

SCORING GUIDE ADJUSTMENTS

Give ½ a point for a less than full breakfast

Give one point for a less than full lunch

Give one point for a less than full dinner

Give one point for delaying more than 60 minutes.

Give two points for 7 to <8 hours
Give one point for 6-7 hours

Give one point for mild stress

Give one point for partial cooldown

Adapted from Kentta and Hassmen, 1999. Train smart: Avoid Overtraining Syndrome. Stockholm: SISU Idrottsbocker.