

## Recovery Scoring Guide

Athletes can fill out this guide over the course of a week to assess their own recovery behaviors. Once they have scored a full day, the total reveals whether they are paying adequate attention to their 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 the athlete needs a serious individual evaluation of recovery behaviors.

	Possible Points	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>Nutrition</b>	<b>8</b>							
Breakfast	1							
Lunch	2							
Dinner	2							
Pre-workout snack	1							
Post-exercise carb refueling within 60 minutes. (recommended: 1.0 to 1.5 g per kilogram of body weight)	2							
<b>Hydration</b>	<b>2</b>							
Pre-exercise urine: clear or light color	1							
Post-exercise urine: clear or light color	1							
<b>Sleep and Rest</b>	<b>4</b>							
8 hours of restful sleep	3							
Nap during the day	1							
<b>Relaxation and Emotional Status</b>	<b>3</b>							
Fully relaxed 60 minutes post-workout or 30 minutes of feet-up relaxation post workout	1							
No daily psycho-social stress	2							
<b>Stretching/Cooldown</b>	<b>3</b>							
Adequate cooldown after exercise	2							
Stretching for at least 10 minutes	1							
<b>TOTALS</b>	<b>20</b>							

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 refueling below the recommended amount or 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