

HIGH-PERFORMANCE RECOVERY SCREEN



Name:

Date:

MOVE	Never	Sometimes	Always
How often do you track your daily activity levels?	0	1	2
How often does your step count fall between 8,000 and 12,000 steps per day?	0	1	2
How often do you incorporate mobility drills into your training to improve movement quality?	0	1	2
How often can you move and train freely without injury or limitations?	0	1	2
How often do you incorporate soft-tissue treatments into your weekly schedule?	0	1	2
SCORE:			

TRAIN	Never	Sometimes	Always
How often do you monitor your heart rate during workouts?	0	1	2
How often do you incorporate recovery workouts into your weekly schedule?	0	1	2
Does your training program incorporate aerobic conditioning into your workouts?	0	1	2
How often do you perform a cooldown period at the end of your workouts?	0	1	2
How frequently do you make adjustments to your program based on lifestyle (sleep, stress, diet, etc.)?	0	1	2
SCORE:			

EAT	Never	Sometimes	Always
Does your total caloric intake fall within your target range at least 6 days per week?	0	1	2
Do you follow a specific dietary plan?	0	1	2
Do you eat at at least 1.8 – 2.2 g of protein per kg of bodyweight per day?	0	1	2
On average, do you drink less than 3 caffeinated beverages per day?	0	1	2
How often do you incorporate a specific nutrition plan before and/or after your workouts to support training?	0	1	2
SCORE:			

SLEEP	Never	Sometimes	Always
How often do you get 7–9 hours of sleep per night?	0	1	2
How often do you wake up feeling alert and well-rested?	0	1	2
Do you avoid drinking caffeinated beverages within 4 hours of when you go to bed?	0	1	2
Do you generally find it easy to fall asleep at night?	0	1	2
How often do you go to sleep around the same time each night throughout the week?	0	1	2
SCORE:			

REGENERATE	Never	Sometimes	Always
Do you incorporate a regeneration method (massage, meditation, breathing, etc.) at least once per week?	0	1	2
Do you feel like you achieve a good balance between work and personal life?	0	1	2
Do you find it easy to let go of stress and relax?	0	1	2
Do you measure HRV or any other metric to track stress?	0	1	2
Do you incorporate hobbies or activities that you enjoy into your schedule on a weekly basis?	0	1	2

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