**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.

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|  | **Possible**  **Points** | **Sun.** | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fri.** | **Sat.** |  | **SCORING GUIDE ADJUSTMENTS** |
| **Nutrition** | **8** |  |  |  |  |  |  |  |  | Give ½ a point for a less than full breakfast |
| Breakfast | 1 |  |  |  |  |  |  |  |  |
| Lunch | 2 |  |  |  |  |  |  |  |  | Give one point for a less than full lunch |
| Dinner | 2 |  |  |  |  |  |  |  |  | Give one point for a less than full dinner |
| Pre-workout snack | 1 |  |  |  |  |  |  |  |  |  |
| Post-exercise carb refueling within 60 minutes. (recommended: 1.0 to 1.5 g per kilogram of body weight) | 2 |  |  |  |  |  |  |  |  | Give one point for refueling below the recommended amount or for delaying more than 60 minutes. |
| **Hydration** | **2** |  |  |  |  |  |  |  |  |  |
| Pre-exercise urine: clear or light color | 1 |  |  |  |  |  |  |  |  |  |
| Post-exercise urine: clear or light color | 1 |  |  |  |  |  |  |  |  |  |
| **Sleep and Rest** | **4** |  |  |  |  |  |  |  |  | Give two points for 7 to <8 hours  Give one point for 6-7 hours |
| 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 |  |  |  |  |  |  |  |  | Give one point for mild stress |
| **Stretching/Cooldown** | **3** |  |  |  |  |  |  |  |  |  |
| Adequate cooldown after exercise | 2 |  |  |  |  |  |  |  |  | Give one point for partial cooldown |
| Stretching for at least 10 minutes | 1 |  |  |  |  |  |  |  |  |  |
| **TOTALS** | **20** |  |  |  |  |  |  |  |  |  |
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