

RECOVERY & SLEEP LOG

DATE:

TRAINING LOAD:

BODY WEIGHT:

Post-Workout Nutrition & Mobility

Protocol	Timing	Notes / Details
Protein/Carb Intake		
Hydration (Liters)		
Soft Tissue / Stretching		

Sleep Hygiene Checklist

No Screens 60m Pre-Sleep
Room Temp (18C/65F)
Magnesium/Supplementation
Dark/Blackout Environment
Breathing/Meditation
Total Caffeine < 200mg

Sleep Quality Metrics

Bed Time:

Wake Time:

Total Hours:

Subjective Recovery Score: (Circle One)

1 (Exhausted) - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 (Fully Rested)

Notes & Observations