

# RECOVERY AND READINESS CHECK

Training hard on a body that needs rest is not discipline. It is damage. Check in before you show up.

## HOW THE BODY FEELS

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*Rate it honestly – not how you think it should feel.*

How sore or tired my muscles feel today (1-10):

What my body is telling me right now:

## READY OR REST

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*This is not weakness. It is intelligent training.*

Whether I feel ready to train hard tomorrow or need more rest:

What I will do to support recovery if I need it:

## TOMORROW'S PLAN

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*Commit to a decision now so it is made before the moment arrives.*

My plan for tomorrow – train hard, lighter session, or full rest:

One recovery action I will take tonight:

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Growth lives on the other side of action.