MY DAILY RECOVERY TRACKER

Small Wins. Big Transformation.

WEEK: _____

DATE : _____

DAY : M/T/W/TH/F/S/SU

TODAY'S NON-NEGOTIABLES:

- ☐ 15-MIN MICRO-MOVEMENT (TARGETING MY CORE GAP)
- ☐ THE 360 BREATH (5 MINS OF RIB-CAGE FOCUS)
- ☐ THE P.F.F. MEAL CHECK (PROTEIN + FAT + FIBER INCLUDED)
- ☐ HYDRATION GOAL (3 LITERS) (COLOR IN THE DROPS AS YOU DRINK)



MY 15-MINUTE POWER PLAN:

(WHAT WILL I DO WHEN THE BABY SLEEPS?)

_____

_____

_____

_____

_____

ENERGY LEVEL



TODAY'S MOOD



WHAT I EAT TODAY

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

HOW MY CORE FELT TODAY:

- STABLE ☐
- HEALING ☐
- GETTING STRONGER ☐

I AM PROUD OF MYSELF FOR:

