

Recovery Checklist

Daily Recovery Checklist

Use this checklist to stay consistent with your wellness and recovery routine.

1. Sleep

- ☐ Did I sleep 7-9 hours last night?
- ☐ Did I avoid screens 1 hour before bed?

2. Hydration

- ☐ Did I drink at least half my body weight in ounces?
- ☐ Did I include electrolytes or sea salt?

3. Nutrition

- ☐ Did I eat balanced meals with protein, carbs, and healthy fats?
- ☐ Did I avoid processed snacks and added sugars?

4. Active Recovery

- ☐ Did I include light movement (walk, yoga, etc.) today?
- ☐ Did I stretch or foam roll?

5. Stress Management

- ☐ Did I practice breathwork, meditation, or journaling?
- ☐ Did I take time to unplug and relax?

6. Supplements (Optional)

- [] Did I take any supportive supplements (e.g., magnesium, collagen)?

7. Mental Wellness

- [] Did I practice gratitude or reflect positively?
- [] Did I engage in a hobby or spend time in nature?

Stay consistent. Small steps daily = big results.

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