

Recovery Tracker

Month: _____

Week: _____

	Subjectives		Exercise - Movement		Self-Care		Metrics			Notes
	Sleep Quality 1-5	Mood	Type	# of minutes	Outdoors more than 15 minutes?	Self-care activity	HRV	RHR	"Body Battery" or "Recovery" Score	
<i>Example</i>	2	😊	yoga	25	yes!	deep breathing	44	52	81	<i>over 60min to fall asleep. Enjoyed my veggies!</i>
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Notes to Self