

MUSCLE RECOVERY & INJURY PREVENTION TOOLKIT

Daily recovery checklist | Soreness guide | Weekly log

7-DAY RECOVERY CHECKLIST

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep 7+ hours	☐	☐	☐	☐	☐	☐	☐
Protein at each meal	☐	☐	☐	☐	☐	☐	☐
Water through the day	☐	☐	☐	☐	☐	☐	☐
10-minute mobility	☐	☐	☐	☐	☐	☐	☐
Easy walk (20+ min)	☐	☐	☐	☐	☐	☐	☐
Vegetables or fruit	☐	☐	☐	☐	☐	☐	☐
5-minute stress break	☐	☐	☐	☐	☐	☐	☐

SORENESS OR PAIN? QUICK GUIDE

Normal soreness (DOMS)	Warning signs - stop and get advice
Dull, achy, both sides	Sharp, stabbing, or sudden pain
Starts 12-48 hours after training	Swelling, bruising, or heat in one spot
Eases as you move and warm up	Numbness, tingling, or pain at night
Gone in 2-3 days	Pain that gets worse each session

Training load rule

Change only one thing at a time: add one set OR a small weight OR a little time. Two or more hard days in a row need an easy day next. Sleep is the strongest recovery tool you have.

REST DAY OPTIONS (CHOOSE 1-2)

- ☐ Easy 20-30 min walk
- ☐ Gentle stretching
- ☐ Light bike or swim
- ☐ Foam rolling 5 min
- ☐ Walk after dinner
- ☐ Full rest and sleep

MUSCLE RECOVERY & INJURY PREVENTION TOOLKIT

WARM-UP (5 MIN, BEFORE TRAINING)

- ☐ March or jog in place 1 min
- ☐ Leg swings x 10 / side
- ☐ Hip circles x 8
- ☐ World's greatest stretch x 4 / side
- ☐ Bodyweight squats x 8
- ☐ Band pull-aparts x 10

10-MINUTE MOBILITY ROUTINE

Move	Time	Cue
Cat-cow	10 reps	Move slowly with your breath
Child's pose	45 s	Reach arms long, relax neck
Hip flexor lunge stretch	30 s / side	Tuck pelvis, squeeze back glute
Hamstring stretch	30 s / side	Hinge at hips, keep back flat
Figure-4 glute stretch	30 s / side	Press knee gently away
Thoracic rotation	8 / side	Open chest, follow your hand
Chest doorway stretch	30 s	Elbows just below shoulders
Calf stretch	30 s / side	Heel down, knee straight

COOL-DOWN (AFTER TRAINING)

- ☐ Walk 3-5 min
- ☐ Drink water
- ☐ Eat protein within a few hours
- ☐ Note soreness in your log

MUSCLE RECOVERY & INJURY PREVENTION TOOLKIT

WEEKLY RECOVERY LOG

Date	Sleep (h)	Soreness 1-5	Energy 1-5	Training today	Notes

Deload week checklist

Cut total sets by about half. Keep weights moderate. Add extra sleep and walks. Plan one every 4-8 weeks, or sooner if you feel run down, sleep poorly, or your lifts keep dropping.

Stop and get advice if you feel

Sharp or sudden pain, joint pain, numbness or tingling, chest pain, dizziness, or pain that gets worse each session. Soreness that is dull and fades in 2-3 days is normal.