



ANJON ATHLETICS

RECOVERY JOURNAL

ASSESS | DEVELOP | PROCESS | REFLECT | ELEVATE

Elevating
the Heart
the Intellect
the Will

ATHLETE NAME	DATE	DAYS SINCE LAST MATCH
SESSION NUMBER:	PROGRAM	COACH

RECOVERY CHECK-IN

How am I feeling right now?

ENERGY	Low	1	2	3	4	5	6	7	8	9	10	High
MUSCLE SORENESS	None	1	2	3	4	5	6	7	8	9	10	Severe
MOOD	Low	1	2	3	4	5	6	7	8	9	10	High
STRESS	Calm	1	2	3	4	5	6	7	8	9	10	Overwhelmed
SLEEP QUALITY	Poor	1	2	3	4	5	6	7	8	9	10	Great
HYDRATION	Dehydrated	1	2	3	4	5	6	7	8	9	10	Well Hydrated

RECOVERY TOOLBOX

Tools I used today? (check all that apply)

☐ Sleep	☐ Massage	☐ Journaling
☐ Nutrition	☐ Massage Gun	☐ Music
☐ Hydrate	☐ Compression	☐ Reading
☐ Walking	☐ Contrast Shower	☐ Visualization
☐ Light Cardio	☐ Cold Plunge/Ice Bath	☐ Sunlight/Nature
☐ Mobility Work	☐ Sauna/Heat	☐ Silence/Stillness
☐ Stretching	☐ Breathwork	☐ Social Connection
☐ Foam Rolling	☐ Meditation/Prayer	☐ Other

TOP 3 RECOVERY WINS

What helped me the most today?

1.
2.
3.

NOTES:

BODY SCAN

Check in with your body.

	NONE	MILD	MODERATE	SEVERE	FRONT	SIDE	BACK
Head / Neck							
Shoulders							
Upper Back							
Lower Back							
Core/Abs							
Hips							
Groin/Adductors							
Quads							
Hamstrings							
Calves							
Knees							
Ankles							
Feet							

RECOVERY REFLECTION

What did my body teach me today?

Where did I feel tight, heavy, or tired?

What do I need more of?

What do I need less of?





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READINESS FOR TOMORROW

Tomorrow my body needs:

Rest
Movement
Fuel
Mobility
Recovery
Session
More Sleep
Mental Reset

Other

READINESS LEVEL

/ 10

RECOVERY HABITS TRACKER

Consistency creates resilience?

	M	T	W	Th	F	S	Su
Sleep							
Hydration							
Nutrition (Clean Fuel)							
Mobility (10+ min)							
Breathwork / Meditation							
Stetch/Foam Roll							
No Late Screens							

TODAYS RECOVERY PLAN

What will I do later today/this evening?

Body

Mind

Fuel

Rest

Other

RECOVERY FUEL

Fuel Check-in

	1	2	3	4	5
PROTIEN INTAKE	Low				High
WHOLE FOODS	Low				High
WATER INTAKE	Low				High
PROCESSED FOODS & SUGAR	Low				High
CAFFEINE	Low				High

RECOVERY INSIGHTS

Patterns I notice

What helps me recover the fastest?

What slows down my recovery?

What is one change I can make?

RECOVERY SCORE CARD

Rate your recovery today?

PHYSICAL	/ 10
MENTAL	/ 10
EMOTIONAL	/ 10
SPIRITUAL	/ 10
OVERALL	/ 10

COACH FEEDBACK

What I noticed

What stood out

Recovery strength

RECOVERY PASSPORT BADGE



BADGE:

Date:

