



Petal & Paper

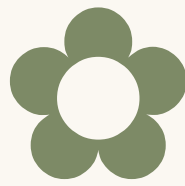
YOUR FREE PRINTABLE

Recovery and rest day tracker



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R E C O V E R Y T R A C K E R

rest day log

Date · ____ Days since last rest day: ____

Sleep · Hours: ____ Quality: ____/5 (recovery's foundation)

Muscle soreness · ____/5 Areas: ____ (high = need rest)

Energy levels · ____/5 Motivation to train: ____/5

Resting heart rate · ____ bpm (elevated = under-recovered)

Recovery activities done · Stretch ☐ Walk ☐ Foam roll ☐
Hydrate ☐

Train or rest tomorrow? · Train ☐ Active recovery ☐ Full rest ☐

M U S C L E S G R O W D U R I N G R E S T , N O T
D U R I N G T R A I N I N G — R E C O V E R Y I S P A R T
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