## MONDAY

| Time | Activity | Details | ✓ |
| --- | --- | --- | --- |
| 6:00-6:20 | **Wake Up** | Wrist circles • Neck rolls • Cat-cow • Hip flexors • Knee circles • Breathing | □ |
| 6:30-7:30 | **Workout** |  | □ |
| 7:30-8:00 | **Breakfast** | Oatmeal + banana + berries + protein powder + coffee | □ |
| 8:00-10:00 | **Work** | Focus work time | □ |
| 10:00-10:05 | **Break** | Wrist stretches • Neck/shoulder stretches + walk around | □ |
| 10:05-12:00 | **Work** | Focus work time | □ |
| 12:00-1:00 | **Lunch** | Grilled chicken + rice + mixed vegetables + salad | □ |
| 1:00-3:00 | **Work** | Focus work time | □ |
| 3:00-3:05 | **Break** | Wrist stretches • Back stretches + eye exercises | □ |
| 3:05-5:00 | **Work** | Focus work time | □ |
| 5:30-6:30 | **Study Time** | Random topic | □ |
| 6:30-7:30 | **Dinner** | Chicken thighs + sweet potato + steamed broccoli | □ |
| 7:30-8:30 | **Brain Training** | Sudoku/memory games/chess/reading | □ |
| 8:30-10:00 | **Personal Time** | Stretching + relaxation + tomorrow prep | □ |
| 10:00 | **Sleep Prep** | No screens + chamomile tea + breathing | □ |

## TUESDAY

| Time | Activity | Details | ✓ |
| --- | --- | --- | --- |
| 6:00-6:20 | **Wake up** | Wrist circles • Full routine - focus on legs/hips | □ |
| 6:30-7:30 | **Workout** |  | □ |
| 7:30-8:00 | **Breakfast** | Greek yogurt + granola + berries + honey | □ |
| 8:00-10:00 | **Work** | Focus work time | □ |
| 10:00-10:05 | **Break** | Wrist stretches • Neck/shoulder stretches + walk around | □ |
| 10:05-12:00 | **Work** | Focus work time | □ |
| 12:00-1:00 | **Lunch** | Turkey avocado wrap + side salad | □ |
| 1:00-3:00 | **Work** | Focus work time | □ |
| 3:00-3:05 | **Break** | Wrist stretches • Back stretches + eye exercises | □ |
| 3:05-5:00 | **Work** | Focus work time | □ |
| 5:30-6:30 | **Study Time** | Random Topic | □ |
| 6:30-7:30 | **Dinner** | Lean beef/chicken + quinoa + roasted vegetables | □ |
| 7:30-8:30 | **Brain Training** | Logic puzzles/pattern recognition/mental math | □ |
| 8:30-10:00 | **Recovery Time** | Leg stretching + foam rolling | □ |
| 10:00 | **Sleep Prep** | No screens + relaxation | □ |

## 

## WEDNESDAY

| Time | Activity | Details | ✓ |
| --- | --- | --- | --- |
| 6:00-6:45 | **Wake Up** | Wrist circles • Extended pain relief + extra flexibility for problem areas | □ |
| 6:45-7:30 | **Workout** |  | □ |
| 7:30-8:00 | **Breakfast** | Scrambled eggs + vegetables + whole grain toast | □ |
| 8:00-10:00 | **Work** | Focus work time | □ |
| 10:00-10:05 | **Break** | Wrist stretches • Neck/shoulder stretches + walk around | □ |
| 10:05-12:00 | **Work** | Focus work time | □ |
| 12:00-1:00 | **Lunch** | Chicken and vegetable soup + bread + small salad | □ |
| 1:00-3:00 | **Work** | Focus work time | □ |
| 3:00-3:05 | **Break** | Wrist stretches • Back stretches + eye exercises | □ |
| 3:05-5:00 | **Work** | Focus work time | □ |
| 5:30-6:30 | **Study Time** | Random Topic | □ |
| 6:30-7:30 | **Dinner** | Grilled chicken drumsticks + baked potato + green beans | □ |
| 7:30-8:30 | **Brain Training** | Memory exercises/word games/creative thinking | □ |
| 8:30-10:00 | **Relaxation** | Extended stretching + meditation + journaling | □ |
| 10:00 | **Sleep Prep** | Deep relaxation focus | □ |

## 

## THURSDAY

| Time | Activity | Details | ✓ |
| --- | --- | --- | --- |
| 6:00-6:20 | **Morning Pain Relief** | Wrist circles • Standard routine - full body focus | □ |
| 6:30-7:30 | **Workout** |  | □ |
| 7:30-8:00 | **Breakfast** | Protein smoothie (banana + spinach + protein + oats) | □ |
| 8:00-10:00 | **Work** | Focus work time | □ |
| 10:00-10:05 | **Break** | Wrist stretches • Neck/shoulder stretches + walk around | □ |
| 10:05-12:00 | **Work** | Focus work time | □ |
| 12:00-1:00 | **Lunch** | Chicken Caesar salad + whole grain croutons | □ |
| 1:00-3:00 | **Work** | Focus work time | □ |
| 3:00-3:05 | **Break** | Wrist stretches • Back stretches + eye exercises | □ |
| 3:05-5:00 | **Work** | Focus work time | □ |
| 5:30-6:30 | **Study Time** | Random Topic | □ |
| 6:30-7:30 | **Dinner** | Pork tenderloin + brown rice + mixed vegetables | □ |
| 7:30-8:30 | **Brain Training** | Strategy games/problem-solving/critical thinking | □ |
| 8:30-10:00 | **Recovery** | Full body stretching + foam rolling | □ |
| 10:00 | **Sleep Prep** | Recovery focus | □ |

## 

## FRIDAY

| Time | Activity | Details | ✓ |
| --- | --- | --- | --- |
| 6:00-6:30 | **Extended Morning Routine** | Wrist circles • Gentle pain relief + extra time for problem areas | □ |
| 6:30-7:00 | **Workout** |  | □ |
| 7:00-8:00 | **Relaxed Breakfast** | Weekend-style: Pancakes with fruit OR eggs Benedict | □ |
| 8:00-10:00 | **Work** | Focus work time | □ |
| 10:00-10:05 | **Break** | Wrist stretches • Neck/shoulder stretches + walk around | □ |
| 10:05-12:00 | **Work** | Focus work time | □ |
| 12:00-1:00 | **Lunch** | Homemade soup + sandwich | □ |
| 1:00-3:00 | **Work** | Focus work time | □ |
| 3:00-3:05 | **Break** | Wrist stretches • Back stretches + eye exercises | □ |
| 3:05-5:00 | **Work** | Focus work time | □ |
| 5:30-6:30 | **Study Time** | Random Topic | □ |
| 6:30-7:30 | **Dinner** | Pasta with meat sauce + side salad | □ |
| 7:30-8:30 | **Brain Training** | Creative exercises/lateral thinking/artistic challenges | □ |
| 8:30-10:00 | **Social Time** | Friends + hobbies + weekend preparation | □ |
| 10:00 | **Sleep Prep** | Relaxed evening routine | □ |

## SATURDAY

| Time | Activity | Details | ✓ |
| --- | --- | --- | --- |
| 6:30-7:00 | **Morning Routine** | Wrist circles • Pain relief at weekend pace - no rush | □ |
| 7:00-8:30 | **Workout** |  | □ |
| 8:30-9:30 | **Big Breakfast** | Eggs + bacon/sausage + hash browns + fruit | □ |
| 10:00-11:00 | **Study Time** | Random Topic | □ |
| 11:00-12:00 | **Personal Time** | Relaxation + preparation | □ |
| 12:00-1:00 | **Lunch** | Hearty meal to fuel for tomorrow’s game | □ |
| 1:00-5:00 | **Afternoon Activities** | Meal prep for week + social activities + relaxation | □ |
| 5:00-7:00 | **Personal Time** | Free time + early dinner | □ |
| 7:30-8:30 | **Brain Training** | Light games/puzzles (keep it easy) | □ |
| 9:00 | **Early Sleep** | Prepare for game day - aim for 10+ hours sleep | □ |

## 

## SUNDAY

| Time | Activity | Details | ✓ |
| --- | --- | --- | --- |
| 7:00-7:30 | **Game Day Morning** | Wrist circles • Light pain relief routine + mental preparation | □ |
| 7:30-8:30 | **Pre-Game Meal** | Oatmeal + banana (light and energizing) | □ |
| 8:30-11:00 | **Game Preparation** | Light warm-up + proper hydration + mental prep | □ |
| 11:00-14:00 | **FOOTBALL MATCH** | Apply weekly training - give your best effort! | □ |
| 14:00-15:00 | **Post-Game Recovery** | Cool-down + initial recovery + hydration | □ |
| 15:00-16:00 | **Recovery Meal** | Protein-rich meal for muscle recovery | □ |
| 16:00-17:00 | **Active Recovery** | Light stretching + ice bath if needed | □ |
| 17:00-18:00 | **Study Time** | Topic: “Sports Science & Athletic Performance” | □ |
| 18:00-19:00 | **Dinner** | Recovery-focused meal | □ |
| 19:00-20:00 | **Brain Training** | Light, relaxing mental exercises | □ |
| 20:00-21:00 | **Recovery Time** | Stretching + relaxation + tomorrow prep | □ |
| 21:00 | **Early Sleep** | Aim for 9+ hours recovery sleep | □ |

# 

# QUICK REFERENCE CARDS

## WRIST PAIN RELIEF EXERCISES (For Computer Workers)

| Exercise | How To | Duration |
| --- | --- | --- |
| **Wrist Circles** | Rotate wrists 10x clockwise, 10x counterclockwise | 1 min |
| **Prayer Stretch** | Palms together, lower hands keeping palms touching | 30 sec |
| **Reverse Prayer** | Back of hands together, gently press | 30 sec |
| **Wrist Flexor Stretch** | Arm straight, pull hand back with other hand | 30 sec each |
| **Wrist Extensor Stretch** | Arm straight, push hand down with other hand | 30 sec each |
| **Tendon Glides** | Make fist, then straight fingers, then hook fingers | 10 reps |

## WRIST-FRIENDLY EXERCISE ALTERNATIVES

| Instead of | Do This | Why |
| --- | --- | --- |
| Push-ups | Chest press machine or dumbbell chest press | No wrist weight-bearing |
| Regular planks | Wall planks or forearm planks | Pressure on forearms, not wrists |
| Mountain climbers | Forearm mountain climbers | Elbows on ground instead of hands |
| Burpees | Modified burpees (step back instead of jump) | Less wrist impact |
| Push-up to T | Chest fly + rotation | Same muscle groups, no wrist pressure |

## MORNING PAIN RELIEF ROUTINE (20 MIN)

| Exercise | Duration | Focus |
| --- | --- | --- |
| Wrist circles & stretches | 2 min | Wrist pain relief |
| Neck rolls & shoulder shrugs | 2 min | Neck/shoulders |
| Cat-cow stretches | 2 min | Spine mobility |
| Hip flexor stretches | 3 min | Hip tightness |
| Knee circles & calf raises | 3 min | Knee/ankle health |
| Deep breathing exercises | 4 min | Stress relief |
| Spinal twists & child’s pose | 4 min | Back pain relief |

## 

## WEEKLY SHOPPING LIST

| Category | Items |
| --- | --- |
| **Proteins** | Chicken breast, thighs, drumsticks, ground turkey, ground beef (lean), eggs, Greek yogurt, protein powder |
| **Carbs** | Oats, rice, quinoa, sweet potatoes, whole grain bread, pasta |
| **Vegetables** | Frozen mixed vegetables, spinach, broccoli, carrots, onions, green beans |
| **Fruits** | Bananas, berries (frozen when expensive), apples |
| **Pantry** | Olive oil, spices, nuts, seeds, honey, granola |

## BRAIN TRAINING SCHEDULE

| Day | Focus | Activities |
| --- | --- | --- |
| Monday | Memory & Recall | Word lists, number sequences, story recall |
| Tuesday | Logic & Reasoning | Sudoku, logic grids, math reasoning |
| Wednesday | Creative Thinking | Word association, creative writing, alternative uses |
| Thursday | Problem Solving | Chess tactics, strategy games, engineering problems |
| Friday | Language & Verbal | Crosswords, word games, reading comprehension |
| Weekend | Mixed & Fun | Trivia, mixed challenges, social brain games |

## EMERGENCY/BUSY DAY MINIMUMS

| Essential | Time | Activity |
| --- | --- | --- |
| **Morning** | 10 min | Pain relief routine (non-negotiable) |
| **Exercise** | 20 min | Bodyweight circuit or brisk walk |
| **Study** | 15 min | Focused reading on any topic |
| **Brain Training** | 10 min | App-based cognitive exercise |
| **Evening** | 10 min | Stretching routine |

## WEEKLY PROGRESS TRACKER

| Week of: \_\_\_\_\_\_\_ | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Morning Routine | □ | □ | □ | □ | □ | □ | □ |
| Exercise Complete | □ | □ | □ | □ | □ | □ | □ |
| Study Session | □ | □ | □ | □ | □ | □ | □ |
| Brain Training | □ | □ | □ | □ | □ | □ | □ |
| Pain Level (1-10) | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ |
| Energy Level (1-10) | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ |
| Sleep Quality (1-10) | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ | \_\_\_ |

**Notes for the week:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_