

METABOLIC RECOVERY & PERFORMANCE READINESS TRACKER

Client Name: _____ Week Of: _____

Goal: To bridge the gap between "not being sick" and peak physiological performance by monitoring the balance between training load and metabolic recovery.

Section 1: Daily Performance Readiness (The Energy & Communication Nodes)

Fill this out each morning to assess your "Internal Environment."

Day	Sleep Quality (1-10)	Waking Pulse (BPM)	Fatigue Level (1-10)*	Muscle Soreness (1-10)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

*1 = Bursting with energy; 10 = Hit a wall/Profound fatigue.

Section 2: Precision Optimization Checklist

Check the boxes that apply to your daily habits to ensure proper "Fueling for Output."

Circadian & Nutrient Timing: - [] **Sleep Duration:** Did I achieve >7 hours of sleep? (Reduces injury risk by 1.7x). - [] **PM Protein:** Did I consume high-leucine protein 30-60 mins before bed for overnight repair? - [] **The 4-Hour Window:** Did I avoid high-dose antioxidants (Vit C/E) within 4 hours of training to allow for mitochondrial adaptation? - []

Magnesium Timing: Did I use Mag Malate (day) for performance or Mag Glycinate (night) for recovery?

RED-S (Relative Energy Deficiency) Red Flags: - [] **Mood/Drive:** Have I felt unusually irritable or lacked "competitive drive" today? - [] **Digestion:** Any signs of exercise-induced bloating or "leaky gut" symptoms? - [] **Temperature:** Do I feel chronically cold or have an unexpectedly low resting heart rate?

Section 3: Weekly Reflection & Scoring

Metabolic Efficiency Score: Count the number of "Yes" checks in Section 2. - **18-21: Peak Performance Zone** (Optimal hormesis) - **12-17: Maintenance Zone** (Watch for "Fueling for Output" gaps) - **Below 12: Danger Zone** (High risk for RED-S or Overtraining Syndrome)

Observations (Brain fog, "hitting a wall" moments, or PRs):

Practitioner Next Steps:

- **If Fatigue is high + Waking Pulse is low:** Screen for RED-S/Euthyroid Sick Syndrome.
- **If Sleep is <7 hours:** Review blue light exposure and evening cooling protocols.
- **If Soreness is high + 4-Hour Window is ignored:** Adjust antioxidant timing to support natural ROS signaling.

Coach Tip: Remember, we are fixing the "fuel line," not just training harder. If the tank is 10% full, the engine will eventually seize.

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