

# Total quality recovery scale



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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>NUTRITION (maximum of 8 points)</b>							
• Breakfast = 1 (½ a point for a less than full breakfast)							
• Lunch = 2 (1 point for a less than full lunch)							
• Dinner = 2 (1 point for a less than full dinner)							
• Pre-workout snack = 1							
• Post-exercise refuelling within 60 minutes = 2 (1 point for delaying more than 60 min)							
<b>HYDRATION (Maximum of 2 points)</b>							
• Pre-exercise urine: clear or light colour = 1							
• Post-exercise urine: clear or light colour = 1							
<b>SLEEP &amp; REST (Maximum of 4 points)</b>							
• 8 hours of restful sleep = 3 (2 points for 7 to <8 hours, 1 point for 6-7 hours)							
• Nap during the day = 1							
<b>RELAXATION &amp; EMOTIONAL STATUS (Maximum of 3 points)</b>							
• Fully relaxed 60 minutes post-workout or 30 minutes of feet-up relaxation post workout = 1							
• No daily psycho-social stress = 2 (1 point for mild stress)							
<b>COOLDOWN/STRETCHING (maximum of 3 points)</b>							
• Adequate cooldown after exercise = 2 (give 1 point for partial cooldown)							
• Stretching & foam roller for at least 10 minutes = 1							
<b>TOTAL POINTS (MAX 20)</b>							