100 Point Recovery System

	CONNICCT
Athlete:	CONNECT REHABILITATION YOGA FITNESS

Mix and match any combination of the items below as long as it adds up to a total of 100 points. Use after workouts to fuel your body so that you can regenerate muscle, replenish lost electrolytes, and keep feeling your best!

Points	Task
70	15 minute recovery bike or walk
70	20 minute stretch session (10 minutes upper, 10 minutes lower)
30	Full healthy meal within 1 hour of end of workout (vegetables, protein and starch)
30	Protein shake (20+ grams) within 1 hour of game + 1 liter of water
20	Protein shake (20+ grams) any other time within 24 hours after workout
20	15 minute foam roller/lacrosse ball
20	15 minute dedicated meditation/quiet time on same day as workout
10	Healthy meal 2-3 hours before workout (vegetables, protein, starch)
10	10 hours sleep night after workout
10	1-1.5L of water with electrolytes (LMNT, salt + lemon, etc)

TASK	POINTS
TOTAL:	