



Recovery & Recharge Essentials Checklist



Hydration & Nutrition

- ☐ Reusable water bottle
- ☐ Nutritious meals/snacks (e.g., salmon, berries, leafy greens, nuts, eggs)
- ☐ Protein shake or meal rich in lean protein (within one hour of working out)



Tracking & Reflection

- ☐ Journal or tracking app
- ☐ Mood and energy level log
- ☐ Sleep quality tracker



Physical Recovery Tools

- ☐ Foam roller
- ☐ Massage gun with multiple attachments
- ☐ Resistance bands
- ☐ Yoga mat
- ☐ Compression gear (socks, sleeves, leggings)
- ☐ Ice packs and heat pads
- ☐ Epsom salt for baths



Mental & Emotional Well-being

☐ Books, podcasts, or playlists for relaxation

☐ Meditation or mindfulness app

Sources:

<https://www.anytimefitness.com/ccc/how-to/the-ultimate-post-workout-checklist/>