

# YOUR 3R SUMMER MOVEMENT CHECKLIST

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*Train smarter. Recover harder. Move better.*

## ✓ RESET (Your Recovery Mindset)

- I schedule at least 1 “downshift” day between high-intensity workouts
- I adjust my training based on sleep, stress, and travel—not just habit
- I believe smarter effort > more effort
- I plan my week based on how I want to *feel* by Friday—not just what’s on the calendar

## ✓ RECOVER (Your Recovery Habits)

- I hydrate throughout the day, not just around workouts
- I use breathwork, foam rolling, or gentle movement on off days
- I get 7–9 hours of sleep at least 4 nights/week
- I recognize soreness is *not* the best indicator of progress

## ✓ REBUILD (Your Return to Intensity)

- I increase weekly volume by no more than 10–15%
- I listen for early warning signs: joint pain, stiffness, sluggishness
- I adjust intensity or complexity before symptoms escalate
- I feel confident in my movement plan and know when to ask for support

