



NORTH STAR THEORY | FREE WORKSHEET

Recovery Routine Planner

A seven-day worksheet for noticing patterns, choosing realistic actions, and reviewing what helped - without turning normal variation into a diagnosis.

YOUR ROUTE. YOUR CONTEXT. YOUR NEXT STEP.

Start with context, not a score.

Recovery is not one product, number, or perfect routine. Use these pages to decide what is realistic in your circumstances and review the pattern after seven days.

What this is

A planning and reflection tool. Use it alongside advice already appropriate for you.

What this is not

A readiness score, treatment plan, diagnosis, or substitute for professional care.

BEFORE YOU BEGIN

Keep the goal modest and specific.

My aim for the next seven days

Example: make my evening wind-down more consistent, or plan an easier day after a demanding session.

What could make this difficult?

Note schedule, caring duties, work, travel, illness, pain, or anything else that changes what is realistic.

Use the planner as a prompt, not a verdict. A single number cannot explain how recovered you are.

STEP 1

Check the context before choosing an action.

Use words or simple marks. You do not need to calculate a score.

Context	What I notice today	What could affect it
Sleep		
Energy		
Soreness or discomfort		
Stress and mood		
Recent training demand		
Time and responsibilities		

Pause the worksheet when self-guided planning is not enough

Seek medical advice if symptoms are new, severe, worsening, unexplained, or affecting daily life. For chest pain, severe difficulty breathing, fainting, or another possible emergency, use urgent or emergency services appropriate to where you are.

STEP 2

Choose one or two realistic actions.

Only choose options that are already appropriate for you. More actions are not automatically better.

Possible focus	My chosen action	When it fits
Planned rest or reduced optional demand		
Gentle movement already suitable for me		
Regular food and hydration basics		
A repeatable wind-down cue		
Ask for advice or support		

My if-then backup plan

If the full action does not fit, then I will use this smaller version instead: _____

STEP 3

Track the week without grading yourself.

Record what happened. Leave a box blank when you do not know.

Day	Context in a few words	Action taken	What I noticed
1			
2			
3			
4			
5			
6			
7			

STEP 4

Review the pattern, not your willpower.

What seemed useful?

Look for context: when did the action fit, and what did you notice afterwards?

What did not fit?

Was the action unclear, too ambitious, poorly timed, or blocked by something outside your control?

What will I keep, change, or stop?

Choose one next step. Repetition is more informative than adding complexity.

Evidence and scope

This worksheet supports reflection and routine design. It does not claim that a particular action will treat soreness, fatigue, injury, sleep problems, or a health condition.

Official sources checked 1 September 2026

UK Chief Medical Officers' Physical Activity Guidelines (GOV.UK):

[gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report](https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report)

NHS Tiredness and fatigue: [nhs.uk/symptoms/tiredness-and-fatigue/](https://www.nhs.uk/symptoms/tiredness-and-fatigue/)

NHS Sleep and tiredness: [nhs.uk/live-well/sleep-and-tiredness/](https://www.nhs.uk/live-well/sleep-and-tiredness/)