

BodyReliefHub

Sleep & Recovery Planner

Plan your evenings, sleep habits, and daily recovery to wake up feeling more rested and resilient.

How to Use This Planner

Complete this planner daily or weekly. Focus on consistency rather than perfection. Small habits done regularly lead to better sleep and recovery over time.

Evening Wind-Down Plan

Digital cut-off time

What time will you switch off phones, tablets, and TV tonight?

Notes: _____

Relaxation activity

Breathing, stretching, reading, or another calming activity.

Notes: _____

Bedtime target

What time do you aim to be in bed?

Notes: _____

Sleep Quality Check

Sleep duration

How many hours of sleep did you get?

Notes: _____

Sleep quality

How rested do you feel on waking? (Poor / Fair / Good / Excellent)

Notes: _____

Daily Recovery Habits

Movement & mobility

Did you move, stretch, or walk today?

Notes: _____

Stress management

Breathing, mindfulness, or downtime.

Notes: _____

Hydration & nutrition

Did you support recovery with fluids and balanced meals?

Notes: _____

Daily Tip

Recovery is cumulative. One good night helps, but consistent routines make the real difference.

Medical Disclaimer: This planner is for educational purposes only and does not replace professional medical advice.