

Self-care Athlete Checklist

CHECK IN EACH DAY WITH YOURSELF TO KEEP MENTALLY AND PHYSICALLY HEALTHY AT HOME

WILL ENSURE I HAVE:

- SLEPT FOR 7-10 HOURS
- ATE 5 PORTIONS OF FRUIT AND VEG
- DRANK 8+ GLASSES OF WATER
- ATE NUTRITIONALLY BALANCED MEALS TO SUIT MY ENERGY REQUIREMENTS
- GOT SOME FRESH AIR

WILL TRY TO HAVE:

- EXERCISED TODAY
- WALKED 8-10,000 STEPS
- CONNECTED WITH A FRIEND OR FAMILY MEMBER
- TOOK SOME TIME TO DO SOMETHING I ENJOY

IF I CAN I WILL HAVE:

- TAKEN AT LEAST AN HOUR AWAY FROM SOCIAL MEDIA
- I STRETCHED/MOBILISED/FOAM ROLLED