

Athlete Performance Readiness Checklist

Train Correctly. Perform Better.

Use this checklist before training, competition, or high intensity sessions to ensure your body, mind, and recovery systems are prepared for optimal performance. This tool is designed for athletes of all levels.

1. Physical Readiness

- No lingering pain, sharp discomfort, or joint instability
- Muscles feel warm and responsive
- Full range of motion without restriction
- No excessive soreness from previous sessions
- Hydration status is adequate

2. Movement Quality

- Can squat, hinge, lunge, push, and pull with control
- Core feels engaged and stable
- Balance and coordination feel normal
- No compensations or asymmetries noticed
- Able to accelerate and decelerate smoothly

3. Energy & Recovery

- Slept at least 7–9 hours last night
- Woke up feeling refreshed or neutral
- Resting fatigue level is low
- Heart rate feels normal for your baseline
- No signs of overtraining or burnout

4. Nutrition & Hydration

- Ate a balanced meal within the last 2–4 hours
- Protein intake has been sufficient today
- Carbohydrates are available for training fuel
- Urine color is light (hydration check)
- No skipped meals or long fasts before training

5. Mental Readiness

- Focused and motivated to train or compete
- Stress level is manageable
- Clear performance intention for the session
- Confidence in your preparation
- Able to stay present and engaged

6. Equipment & Environment

- Proper footwear and training gear
- Correct equipment setup
- Training space is safe and clear



- Weather or facility conditions are appropriate
- Water and recovery tools available

7. Post Session Recovery Plan

- Cool down planned
- Stretching or mobility scheduled
- Nutrition recovery meal prepared
- Hydration plan after training
- Sleep plan for tonight

Scoring Tip: If you checked fewer than 80% of the items above, consider adjusting intensity, focusing on recovery, or consulting an ATC coach before pushing harder.

Consistency in readiness leads to consistency in performance.

Athletic Training Center (ATC) — Building stronger, faster, healthier athletes.

