MY PICK RATE

Weekly work and recovery planner

Make room for rest and preparation | Warehouse work after 40

Week of: _____ Shift pattern: _____

Use this to plan your time, not to assess fitness or prescribe recovery.

Day	Shift / commute	Sleep / rest plan	Meals / water	Other plans
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

One thing to prepare before my next shift:

Questions for my trainer or workplace contact:

Protect rest time. Stop unsafe work and seek appropriate help for concerning symptoms.

General preparation only. Not medical advice, a fitness assessment or an employer record.