



SPORTSLAB DAILY ROUTINE

Do what the pros do everyday...
esfcamps.com



UNDER ARMOUR.

RISE READY

WIN THE MORNING | WIN THE DAY

✓ *A good night's sleep starts as soon as you wake up.*

WHEN YOU WAKE UP

- ✓ *Avoid checking your phone*
- ✓ *Seek natural light, open your blinds and curtains*
- ✓ *Drink a glass of lemon water*

FOLLOWED BY

- ✓ *Stretching*
- ✓ *Begin each day in gratitude with a positive mindset*
- ✓ *Increase circulation and bloodflow with light exercise*
- ✓ *Brush your teeth*
- ✓ *Make your bed*

GRATITUDE RELEASES POSITIVE
CHEMICALS IN THE BRAIN



DIAL DOWN

UNWIND | PREP FOR SLEEP

✓ *Get 10-12 hours of sleep per night.*

90 MINUTES BEFORE BED

- ✓ *Limit your screen time*
- ✓ *Put on blue light blocking glasses*

60 MINUTES PRIOR

- ✓ *Turn off all electronics*

15 MINUTES PRIOR

- ✓ *Journal - write down what you're grateful for each day*
- ✓ *Read or do breathing exercises (in with the good, out with the bad)*
- ✓ *Take a warm bath or shower*



JOURNALING OR READING HELPS RELAX A BUSY
MIND AND PREPARE FOR A RESTFUL NIGHT'S SLEEP