

MONTHLY RECOVERY PLANNER for DANCERS

MON	TUE	WED	THUR	FRI	SAT	SUN	RECOVERY NOTES

Plan at least one day of rest each week, every week
Think about the cake, the icing/frosting and *maybe* a cherry

RECOVERY CAKE RECIPE for DANCERS

Cherries – the nice to have (massages, ice baths, recovery boots, saunas and spas), but not essential

Frosting – a balance of planned dance training and performing, cross training and rest days

Cake – Enough sleep every night (or naps), appropriate nutrition for elite active dancers at the right time and good practices for mental health

