

Choovia: 2025 Weekly Home Recovery Plan

Day 1

Full recovery routine: Dynamic stretching, yoga, foam rolling, protein shake, and mindfulness.

Day 2

Light walk (20 mins) + full-body stretching.

Day 3

Recovery routine with massage gun (e.g., Theragun Mini).

Day 4

Rest day + enjoy a high-protein meal like grilled chicken quinoa bowl.

Day 5

Yoga session + foam rolling + protein-rich snack.

Day 6

Full recovery routine with focus on sleep hygiene (7-8 hrs).

Day 7

Gentle active recovery walk + meditation + hydration check-in.