

# Hockey Habits 90-Day Challenge



Stay on top of your game with this daily checklist designed to track essential habits for peak performance on and off the ice. Complete each item to ensure you're optimizing your sleep, hydration, workouts, recovery, and overall well-being.

---

## Rules:

1. Complete each habit daily
2. Restart from Day 1 if you fail to complete any habit
3. Track your successful days - aim for 90 consecutive days

**Hydration = Drink 64 oz of water**

**Workout = 15 min Prehab Routine**

**Nutrition = ½ Bodyweight Protein**

**Sleep = 7 hours**

**Visualization = x5 minutes**

**Survey = Pre & Post Workout Surveys**

## Pro Tips:

- Find 2 supportive teammates or friends to join you in the challenge!
- Use reminders to help you start the habits (e.g., setting alarms).
- Track progress and celebrate each successful day.
  - Tag [@the\\_hockey\\_doc](#) on Instagram to show off your success

\*Flip over for more info about challenges\*



# Challenges



**Hydration:** Drink 64oz (½ gallon) of water throughout the day = 2 Gatorade bottles

**Workout:** Complete a 15 min Prehab Workout each day x7 days a week available on our app

**Nutrition:** Eat ½ your bodyweight in grams of protein each day

Refer to the “Protein Sources” Fact Sheet

- Bodyweight = 180 lb → Eat 90 grams of protein/day

**Sleep:** 7 hours of quality sleep each night

Pro Tip:

- Set a consistent bedtime and wake-up time.
- Follow a relaxing bedtime routine (e.g., reading, stretching).

**Visualization (5-minutes):**

- Turn off all distractions - phones, tvs, radios, etc and find a quiet space where you can peacefully sit and self-reflect.
- Identify goals and a plan to achieve those goals for focus and motivation.
- Visualize yourself completing those goals.

**Daily Survey:**

- Complete Pre-Workout Survey \*via our app
- Complete Post-Workout Survey \*via our app
- Share Workout to instagram and tag us! @ [the\\_hockey\\_doc](#)

---

Consistently completing this checklist will not only improve your hockey performance but also promote overall health and well-being. Commit to making these habits a regular part of your daily routine, and watch your game soar to new heights!





# 90-Day Hockey Habits Calendar

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90

---

Check out our [On-Ice Athlete](#) Program via our website to learn more about hockey-specific rehab, training and recovery.

Be sure to ask about our [Combine Clubs](#) program and get started on your own personalized off-ice program today!

