

# Rehab Meter

The Rehab Meter is designed to help you visualise where you feel you're at, so you can re-adjust and maximise your outcome! This can be both physically and mentally.



## Comfort

A zone where we are going through the motions - not taxing, not stressful, just enough stimulus to keep us in status quo.

**Signs:** no changes/ fluctuations in body or mind, no challenges, regular routine, sometimes 'boring' or lacking motivation

## Overload

A zone where we have gone too far and stressed ourselves (either physically or mentally). Stay here too long and we'll feel overwhelmed, exhausted, saturated with info/ details, and won't grow from the experience.

**Signs:** Stressed, fatigued, poor sleep, increased aches/pains, feeling overwhelmed, lacking motivation

## Growth

A zone where our stimulus pushes us from our comfort zone, it requires a little more effort and a bit more time and energy, but is enough of a change for our body to grow and adapt.

**Signs:** challenging but doable, stimulated, motivated, eager, not feeling burnt out/ overwhelmed, but not feeling bored either, excited to see body/mind adapt and change

We need to identify whether we are in the Comfort, Growth or Overloaded Zones, and adjust in order to get to and/or stay in the Growth Zone! This is where all the good things will happen!

