



**BROOKE NEAL**





















TOKYO 2020









**If I look after  
myself,**

**my performance  
takes care of  
itself.**






**What's the cost?**







**Remember a time where you  
were achieving success,  
but neglecting your wellbeing**



A glass of lemonade with a lemon slice on the rim, set against a light background.

# Remember a time where you were looking after yourself consistently

*Habits*

*Routines*

*Rituals*

*Social*

*Physical*

*Mental*





You can't change  
what you don't  
measure



# Physical Body

Energy levels, sleep,  
nutrition, hydration,  
injuries, mobility,  
digestion, skin,  
exercise, immunity.





# Mind & Emotions

Mood swings, stress levels, motivation, fulfilment, gratitude, resilience, intuition.






# Connection

Family  
Friends  
School  
Yourself







**What is one tiny  
action you can take  
to fill each bucket?**



RED WEEK = PUSHING TO THE LIMIT WEEK  
(PEAK PERFORMANCE)

ORANGE WEEK = BUILDING PHASE  
(WARMING UP FOR RED)

GREEN WEEK = RECOVERY/ LIGHT WEEK



[illegible]

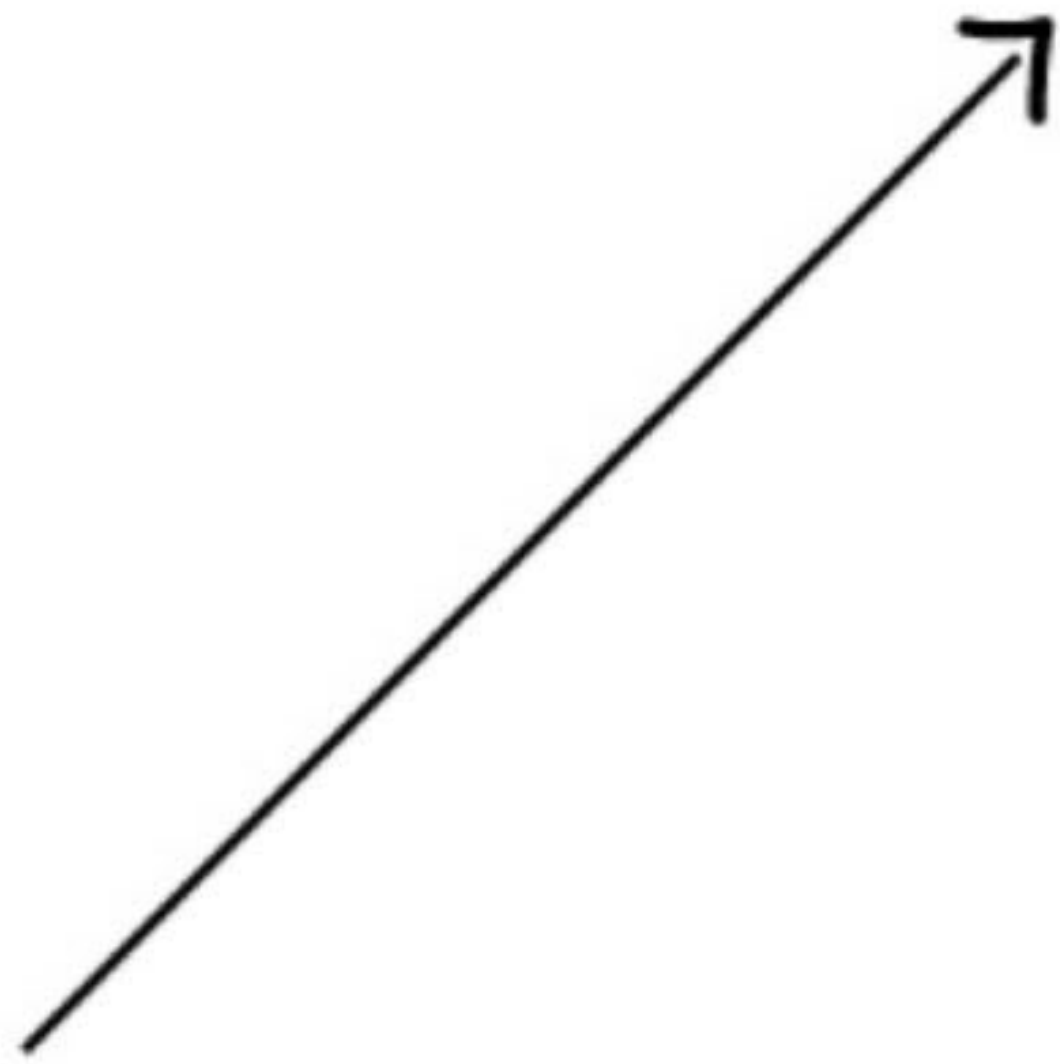


*Brooke Neal*

<i>M</i>	<i>V</i>	<i>5</i>	7.30-9.00am Blacksticks Turf Training Harbour 4 (45min Hockey + Top Up Running)
<i>T</i>	<i>S &amp; C</i>	<i>6</i>	Knee Prehab (Strength) S & C + Watt Bike Intervals 7.30 -9.30am at HPSNZ Gym
<i>W</i>	<i>V</i>	<i>7</i>	5.00-6.30pm Blacksticks Turf Training Harbour 4 (45min Hockey + Top Up Running)
<i>T</i>	<i>S &amp; C</i>	<i>8</i>	Knee Prehab (Strength) S & C + Watt Bike Intervals 7.30 -9.30am at HPSNZ Gym
<i>F</i>	<i>V</i>	<i>9</i>	7.30-9.00am Blacksticks Turf Training Harbour 4 (45min Hockey + Top Up Running)
<i>S</i>	<i>V + I</i>	<i>10</i>	Whole Body S & C + Watt Bike Intervals
<i>S</i>	<i>R</i>	<i>11</i>	Regeneration Day

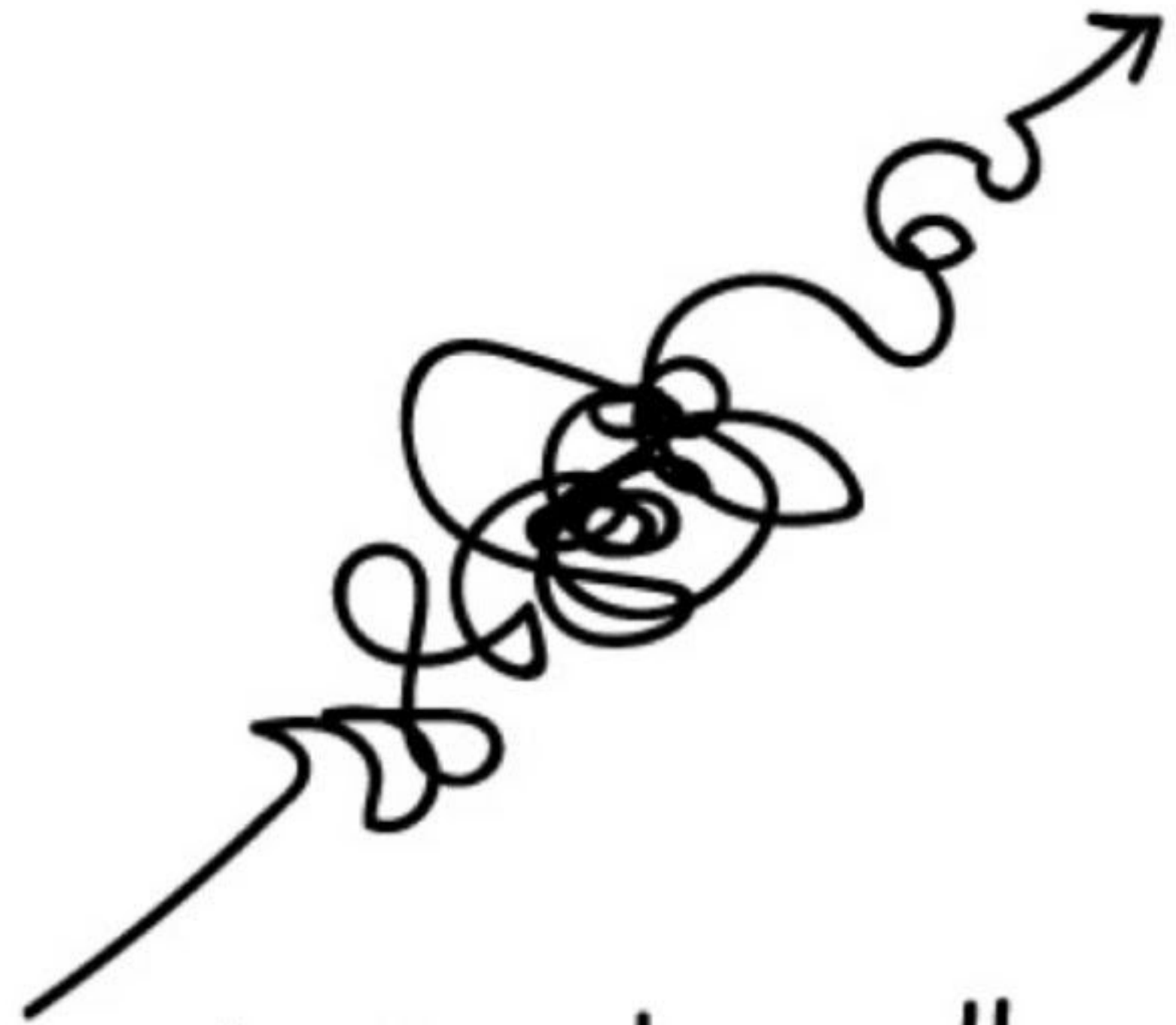


# Success



what people think  
it looks like

# Success



what it really  
looks like