

Family Performance Playbook

Simple daily habits that build healthier, stronger, more resilient families.

PLAYBOOK

Family Performance

Simple daily habits that build healthier, stronger, more resilient families -
in 7 easy steps.

Build Better Humans. Performance Will Follow. Small daily habits become lifelong results.

Every athlete wants to be stronger, faster, and more explosive. But that isn't built in practice alone - it's built through the decisions your family makes every day: the food you eat, the water you drink, the quality of your sleep, the time you spend outdoors, and the movement and recovery your body gets. Habits like these shape long-term health, resilience, and performance.

Build Better Humans. Performance Will Follow.

When the body moves and functions well, everything else improves.

This adds up to:

Better Recovery More Strength

More Energy More Confidence Lifelong Health

Better Performance

WELCOME

Your 7 Daily Steps

1. Eat 3 balanced meals

Protein, healthy fat, carbs, fruit or veggies with each meal.

2. Drink Water

Sip consistently, and hydrate before/after activity.

3. Get Outside

Aim for several periods of sunlight throughout the day.

4. Move with intention

Move or train with purpose daily.

5. Limit screen time

Especially in the evening before bed.

6. Keep a consistent bedtime

Same bedtime, cool dark room, screens off, asleep by 9pm.

7. Manage stress & recover

Rest, recover, recharge, and let the body adapt.

Your quick-reference checklist - flip ahead for the full details on each.

Eat Food is information - choose quality first.

Step 1:

Food is more than fuel. Every meal sends your body a message to build, repair, recover, or simply survive. Support those processes by including quality protein, healthy fats, carbohydrates, and fruits or vegetables with every meal.

Choose More Choose Less

Raw dairy from healthy, grass-fed animals contains naturally occurring enzymes, beneficial bacteria, and nutrients many people find easier to digest than conventional pasteurized dairy. As with all food, quality matters, choose a trusted local source.

100% grass-fed, grass-finished beef & lamb

Wild-caught fish & seafood

Pasture-raised pork, poultry & eggs

Organic, seasonal fruits & vegetables

Organic, seasonal fruits & vegetables

Raw dairy from grass-fed animals (if tolerated),

including milk, kefir, yogurt, and cheese

Highly processed foods

Seed oils (canola, soybean, corn, sunflower,
safflower, grapeseed)

Artificially sweetened beverages

Energy drinks

Excess caffeine

"Progress doesn't come from eating perfectly. It comes from

consistently making better choices." Drink clean water throughout the day

Hydrate before and after training

Add quality minerals when appropriate

Choose glass or stainless steel bottles whenever possible

Hydrate

Your body and your muscles are mostly water.

Step 2:

Hydration affects nearly every system in your body, including movement, recovery, focus, digestion, and energy. Small improvements in how you hydrate often lead to big improvements in how you feel and perform.

"Small improvements in hydration often lead to big

improvements in how you feel and perform."

Daily RemindersGet

Step 3:

For children with lighter skin tones, prolonged sun exposure may require a clean, mineral-based sunscreen. We're happy to recommend products we trust..

Your body was designed to spend time outdoors. Even 20-30 minutes outside each day can support:

Why It Matters

Note:

Fresh air. Sunlight. Movement. Nature.

Fresh air improves oxygen intake and lung function.

Sunlight boosts vitamin D for bones
and immunity.

Natural light strengthens your
circadian rhythm.

A stronger rhythm means deeper,
better sleep.

Nature lowers stress and lifts mood

Sunlight and movement calm the
nervous system.

Outdoor time speeds recovery after
activity.

Daily exposure builds long-term
health. Move

Step 4:

When these patterns break down, especially in developing bodies, the movements that follow become compensations. Poor mechanics force the body to redistribute load to areas not designed for that demand, increasing joint stress and creating patterns of overload that can lead to overuse injuries-often long before pain appears. This is why we prioritize mechanics before adding load or building strength.

We assess and retrain the 4 foundational patterns that govern all human performance - the primary drivers of how the human body evolved to move.

Movement is medicine - but not just any movement.

Every powerful movement starts in the core, the link that transfers force from the ground to the arms and legs. Strengthen that connection, and athletes move more efficiently, get stronger and faster, and stay more resilient with fewer injuries.

**"Strength on a broken movement pattern just makes the
compensation stronger."**

Standing

1

Walking Running Throwing

2 3 4

Especially in the evening, before bed.

Step 5:

Limit unnecessary screen time throughout the day. Screens and the blue light they emit can interfere with focus, rest, and recovery, especially before bedtime.

"Every hour off a screen is an hour your brain gets to rest, focus, and recover."

Keep It Simple

Limit daily screen time to 1-2 hours.

Avoid screens during meals, training, & recovery.

Avoid screens 2 hours before bed. Sleep is your superpower.

Step 6:

Training challenges your body. Sleep is when it adapts - repairing tissue, building muscle, regulating hormones, strengthening the immune system, and preparing you for tomorrow.

"One great night's sleep won't transform your performance.

Hundreds of great nights will."

Daily Reminders

Consistent

Go to bed at a consistent time

Aim to be asleep by 9:00 PM whenever possible

Keep your room cool and dark

Avoid screens and blue light before bed

Give your body the time it needs to recoverManage

Step 7:

Build a simple and consistent daily rhythm for homework, activities, and winding down. Make space for downtime so the entire family can recharge, process the day, and recover.

One of the biggest differences between good athletes and great athletes is what they do outside of practice. Recovery is not simply taking a day off. It is creating an environment where the body can adapt, heal, and become stronger. For young athletes, that also means balancing school, activities, training, and downtime. Recovery starts when practice ends.

"These habits determine how well your body and mind

performs tomorrow."

Quality nutrition

Daily movement

Hydration

Sleep

Sunlight

Myofascial Release

Stress management

Limiting unnecessary screen time

Time management - balance school, activities & rest

Academics - support learning without added pressure

Prioritize These Every Day Every family is different. Create a roadmap that works for yours.

Topics We Can Cover

Want to Go Deeper?

Nutrition & meal planning

Hydration & mineral support

Gut & immune health

Environmental toxin reduction

Supplement guidance when appropriate

Recovery strategies

Sleep optimization

Hormone health

Healthy home recommendations

Daily routines for lifelong health

Every athlete is different. Every family is different. That's why we offer personalized Health Consults, built around your family's goals, lifestyle, movement patterns, and health history.

You'll also receive our favorite recipes, trusted brands, and practical tools to help your family succeed. Contact us to schedule your Health Consult.

Contact us for more info!

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