Week of:	Sun	Mon	Tue	Wed	Thur	Fri	Sat	
Tasks Extra Study								Total
Stretch								
Pushups								
Sprints								
Air Squats								
Sit-ups								
Gym Workout Water								
Article								
Visualize Success								
Consider 10 Years								
Research Interests								
Steps to College								
Unproductives								Total
Skip Homework								Total
Upset Teacher								
Neglect Extra Credit								
Late to Class								
Unhealthy Meal/Snack								
Late to Practice								
Upset Coach								
opset Coacii								
Ratings								Average
Academic Effort								Average
Organization								
Athletic Effort								
Technique/Form								
Procrastination								
Motivation								
Productivity								
Mood/Attitude								
Respect								
Negative Influences								
Diligence/Honesty								
Diligence/Hollesty								
Weekly Questions								
What areas of my Acade	mic perforn	nance can I	improve or	n for next w	reek?			
The same of the free court				110110 11				
What area of my Athletic	performan	ice can I im	prove on fo	r next wee	k?			
The same of the sa	1-1-101111011		F		-			
Who worked harder than	n me this w	eek?						
What were my greatest a	accomplish	nents this	week?					
That were my greatest a			com.					
What, in my future, am I	looking for	ward to?						
vviiat, in my future, alli I	TOOKING TOI	waru w:		<u> </u>	<u> </u>	<u> </u>	l	