

PART 1: RosterRecharge and The Goal Progression Log

RosterRecharge is a team management platform that helps coaches and athletes take themselves to the next level. The platform has 21 Tools and our most popular one is called the The Goal Progression Log, or GPL for short. It can be described as a training-method that improves athletes' will power, discipline, accountability and productivity. Knowledge from over 100 years of sports psychology and behavioral science research is the backbone of its creation. Here are two key studies that show how necessary the Goal Progression Log is:

Study 1: by Dr. Dave Kohl (professor at Virginia Tech):

1. People who regularly write down their goals earn nine times as much over their lifetimes' as people who don't.
2. 80% of Americans say they don't have goals.
3. 16% do have goals but don't write them down.
4. Less than 4% write down their goals and fewer than **1% review them on an ongoing basis.**

Study 2: by Dr. Gail Matthews (psychology professor at Dominican University of California):

1. Those who only formulate goals but don't write them down only accomplish 43% of their goals.
2. Those who write down their goals and share them with a friend accomplish 64% of their goals.
3. Those who write their goals down and send weekly progress reports to a friend **accomplish 76% of their goals.**

Basically an athlete would create a private, online goal-log for a goal they want to accomplish. Every single week, the athlete will submit a weekly report about what specific steps they took to make their goal a reality. The software will automatically compile these weekly reports into monthly charts and graphs. The charts and graphs make it easy for the athlete to see exactly where their strengths are as well as what needs improvement.

To use the Goal Progression Log:

1. Choose a goal to accomplish
2. Log-in to RosterRecharge and click 'Create a new Goal Log'
3. Fill in the Initial Information like; goal description, current situation, completion date, strategies etc...
4. Add some **Tasks** - tasks are things that will help the athlete accomplish the goal
5. Add some **Unproductives** - UnProductives are things that should be avoided
6. Add some **Ratings** - Ratings are things that can be rated from 1 - 10
7. Add some relevant **Weekly Questions**
8. Add some relevant **Monthly Questions**

Look at the image to see an example of the grid that gets fill out each day

For this example, let's pretend it is Sunday.

Tasks: The athlete would ask himself; "Did I study today? Did I read something motivational today? How many times did I stretch today? Did I do a set of 100 pushups? How many 50 yard sprints did I complete?"

UnProductives: Since there is no School on Sunday, he would enter "0" in the 'Late to Class' box.

For the **Ratings**, he would ask; "On a scale of 1 – 10, how productive was I today? On a scale of 1 – 10, how much did I procrastinate? How organized was I? How much effort did I exert today?"

Next the athlete would answer their open-ended '**Weekly Questions.**'

Everything the athlete inputs is private, only Coaches and approved Accountability Partners will be able to see the athletes Goal Progression Log. The website will archive all progress so that Accountability Partners can make sure the athlete is working hard to accomplish his goals. Keeping up with this system may be a challenge in the beginning, but over time **Determination** will become a **Habit!**

Having athletes write out what they do each week is a great way to keep them from forgetting to do what needs to get done, but the main reason the Goal Progression Log is such a powerful system is because it makes it EASY for others to hold that athlete accountable and consistent. RosterRecharge members can add **Accountability Partners** the same way people can add friends on Facebook, followers on Twitter or connections on LinkedIn. These Accountability Partners will gain access to the athletes' goal log and will be able to see the weekly reports, charts and graphs! Accountability Partners will even know if the athlete submitted their weekly report late, if they submitted it on time or if they didn't submit it at all.

PART 2: H2OS – Habits, 20-Assignments, Success

The team is currently participating in RosterRecharge's H2OS Fundraiser. H stands for **Habits**, 20 stands for **20-Assignments** and S stands for **Success**. This fundraiser has athletes complete a **20-Assignment** course that instill productive **Habits** that will help them have more **Success** in life. The fundraiser also helps athletes build a network of people who will have access to the athlete's Goal Progression Log. Some fundraisers sell cookies, some sell coupon cards... The product being sold in the H2OS Fundraiser is online memberships to RosterRecharge. The athlete will be using the Goal Progression Log to track the following Tasks, UnProductives, Ratings, Weekly Questions and Monthly Questions:

☞	Tasks	Par	Description
	Extra Study	5	Studying (at home) what was learned at school today
	Stretch	10	A set/routine of stretches * <i>designated by coaching staff</i>
	Pushups	3	A set/routine of pushups *
	Sprints	3	A set/routine of sprints *
	Air Squats	3	A set/routine of air-squats *
	Sit-ups	3	A set/routine of sit-ups *
	Gym Workout	3	A full routine of gym exercises and lifts *
	Water	21	A 10 ounce cup or bottle of water
	Article	4	Reading a sports related magazine/online article
	Visualize Success	7	Utilizing visualization techniques to evoke positive emotions
	Consider 10 Years	2	Imagine what you want to/could be doing 10 years from now
	Research Interests	3	Research different professions in a wide range of fields
	Steps to College	1	Research scholarships, apply for grants, email schools etc...
☞	UnProductives	Par	Description
	Skip Homework	0	Not working on homework the same day it was assigned
	Upset Teacher	0	<i>Self-explanatory</i>
	Neglect Extra Credit	0	Failing complete activities that would earn extra credit
	Late to Class	0	<i>Self-explanatory</i>
	Unhealthy Meal/Snack	5	<i>Self-explanatory</i>
	Late to Practice	0	Being late to a scheduled practice or workout
	Upset Coach	0	<i>Self-explanatory</i>
☞	Self-Evaluations	Par	Description
	Academic Effort	10	Effort put into school work
	Organization	10	Cleanliness at home/class/locker... Efficiency of storage space
	Athletic Effort	10	Effort put into athletic development
	Technique/Form	10	Effort put into the finesse and fine details of athletic skills
	Procrastination	0	Not doing tasks when they could (or should) be done
	Motivation	10	General desire or willingness to do what should be done
	Productivity	10	How much work was done vs. how much time you had to do it
	Mood/Attitude	10	How happy/positive you were as you went through the day
	Respect	10	Amount of respect given to your peers, teachers and coaches
	Negative Influences	0	Amount of unproductive people or situations you encountered
	Diligence/Honesty	10	Effort & honesty put into monitoring things tracked by the GPL
☞	Weekly Questions		
	What areas of my Academic performance can I improve on for next week?		
	What area of my Athletic performance can I improve on for next week?		
	Who worked harder than me this week?		
	What were my greatest accomplishments this week?		
	What, in my future, am I looking forward to?		
☞	Monthly Questions		
	What were my greatest Academic accomplishments this month?		
	What were my greatest Athletic accomplishments this month?		
	What is my personal definition of a Champion?		
	What is my personal definition of Success?		
	What evidence is there, that I am heading toward my desired future?		
Color Codes			
Academic Excellence	Athletic Improvement	Champion Mindset	Forever Starts Today

PART 3: You and The Goal Progression Log

You are formally invited to join RosterRecharge on one or more of these levels:

- Create a free RosterRecharge account which will allow you to fill out the Experience Questionnaire. This survey will have you answer a few questions that will help the athlete learn some of your most valuable life lessons. Creating your RosterRecharge account will also give you access to the team's RosterRecharge Dashboard.
- Upgrade your account for a one-time payment of \$20 for Bronze level access, \$40 for Silver level access or \$80 for Gold level access. This is a fundraiser, so every time someone purchases a Bronze, Silver or Gold membership the athlete will receive 'points' that can be used on gear from brands like Nike, Reebok, Under Armour and Adidas. The team will also retain a portion of the money to cover their organizational expenses. Paying the one-time fee to upgrade your account will allow you to:
 1. Access the team Roster
 2. Access the team Task Manager
 3. Use the inbox messaging system
 4. View and add posts to the private team blogs
 5. View the team's Goal Progression Log statistics and line graphs
 6. View your athlete's Goal Progression Log progress and generate detailed statistical reports
 7. Add instructional and/or motivational comments directly to the athletes Goal Log
 - No need to stress about doing meticulous checkups, the athlete simply knowing that you have access to their archived Goal Progression Log reports will be extra motivation for them to stay on top of their daily entries.
 8. Use the Goal Progression Log to help you accomplish your own personal goals and aspirations
 9. Invite your friends, co-workers and other family members to become your Goal Progression Log Accountability Partners
 10. See the Pricing Comparison chart for full list of features and benefits
- **Second Circle:** The Goal Progression Log uses scientifically proven methods to increase the likelihood that a goal will be accomplished. Why not use this powerful system for yourself! Create your own Goal Log and;
 - a. allow your athlete to periodically check up on you to make sure you're staying productive or
 - b. make the goal private to the athlete and invite your peers to create accounts so they can help you stay accountable or
 - c. allow the athlete AND your peers to hold you accountable via the Goal Progression Log

The more people you invite to RosterRecharge the more successful the fundraiser will be for your athlete and their team. Do you have any children, friends, ex-classmates, or family members that you don't talk to as much as you'd like? Holding each other accountable as you strive toward your own personal goals is a great way to reconnect and stay connected! It is hard to stay in touch with people who moved to a different city than you, but interacting with their weekly Goal Progression Log reports will make it seem like they never left.

Need help coming up with a specific goal to track with the Goal Progression Log? Here are a few suggestions:

- ✚ Improve Physical Health
- ✚ Improve Emotional Health
- ✚ Professional Improvement
- ✚ Improve Family Unity
- ✚ Financial Improvement

The following are possible Tasks, UnProductives, Ratings, Weekly Questions and Monthly Question that correspond with the suggested goals:

Task Category	Tasks	Par
Improve Physical Health	1 set of Pushups	3
Improve Physical Health	1 set of Crunches/Sit-ups	3
Improve Physical Health	1 set of Jumping Jacks	3
Improve Physical Health	1 set of Lunges	3
Improve Physical Health	The full "7 Minute Workout" (video)	3
Improve Physical Health	¼ Mile Run	3
Improve Physical Health	¼ Mile Walk	3
Improve Physical Health	Stretch Routine	3
Improve Physical Health	Drink Water (8 oz)	3
Improve Physical Health	A serving of vegetables	4
Improve Physical Health	A serving of fruit	4
Improve Emotional Health	Read an article	1
Improve Emotional Health	Read a chapter in a book	2
Improve Emotional Health	Play a video game (1 hour)	2
Improve Emotional Health	Relax in a quiet place (10 mins)	4
Improve Emotional Health	Focus on positive thoughts/emotions	7
Improve Emotional Health	Preform a random act of kindness	3
Improve Emotional Health	Volunteer for a charitable organization	1
Improve Emotional Health	Financially support a charity/non-profit	1
Improve Emotional Health	Socialize w/ a friend (phone/in-person)	2
Improve Emotional Health	Write down what you are grateful for	2
Improve Emotional Health	Write a positive note to someone	1
Improve Emotional Health	Clean/organize your home, car or yard	1
Improve Emotional Health	Watch funny or cute YouTube videos	2
Improve Emotional Health	Go 'Cloud Watching' (15 mins)	1
Improve Emotional Health	Go on a picnic	1
Improve Emotional Health	Find a new GPL Accountability Partner	1
Professional Improvement	Plan tomorrow (by ½ hour increments)	5 - 7
Professional Improvement	Research possible new interests	1
Professional Improvement	Research professions and industries	1
Professional Improvement	Research education opportunities	1
Professional Improvement	Apply for better positions	1
Professional Improvement	Build rapport with bosses	1
Professional Improvement	Build rapport with co-workers	2
Improve Family Unity	Go on a family outing	1
Improve Family Unity	Family game night/ family game hour	1
Improve Family Unity	Write a positive note to a family member	1
Improve Family Unity	Call a distant family member	1
Improve Family Unity	Take pictures with your family	1
Improve Family Unity	Have a family meeting to discuss events	1
Improve Family Unity	Have a family meal at the table	2
Improve Family Unity	Read a book chapter together as a family	1
Improve Family Unity	Review a family members GPL (EVAL)	1
Financial Improvement	Deposit some money into savings	1
Financial Improvement	Number of total purchases today	
Financial Improvement	Total dollar amount of purchases	
Financial Improvement	Plan your budget for tomorrow	7

UnProductive Category		UnProductives	Par
	Improve Physical Health	Smoke or dip tobacco products	0
	Improve Physical Health	Eat an unhealthy meal	0
	Improve Physical Health	Eat an unhealthy snack	0
	Improve Physical Health	Eat after 8:00pm	0
	Improve Physical Health	Staying up later than you want to	0
	Improve Emotional Health	Worry/Let negative thoughts linger	0
	Improve Emotional Health	Yell or Scream in anger	0
	Improve Emotional Health	Use curse words	0
	Improve Emotional Health	Gossip or insult others directly	0
	Improve Emotional Health	Hold onto a grudge	0
	Improve Emotional Health	Let small things upset you	0
	Professional Improvement	Gossip at work	0
	Professional Improvement	Maintain a negative attitude	0
	Financial Improvement	Exceed the daily budget you set	0
	Financial Improvement	Make an unnecessary purchase	0

Rating Category		Ratings	Par
	Improve Physical Health	Nutrition	10
	Improve Physical Health	Workout effort	10
	Improve Physical Health	Workout technique effort	10
	Improve Physical Health	Enjoyment of healthy alternatives	10
	Improve Physical Health	Self-control / Will Power	10
	Improve Emotional Health	Effort in finding joy and silver linings	10
	Improve Emotional Health	Expectation of a positive future	10
	Improve Emotional Health	Socializing	10
	Professional Improvement	Career advancement effort	10
	Professional Improvement	Teamwork effort	10
	Professional Improvement	Effort in going above and beyond	10
	Professional Improvement	Communication	10
	Improve Family Unity	Communication	10
	Financial Improvement	Saving/ budgeting	10

Weekly Question Category		Weekly Questions
	Improve Physical Health	What areas can I improve on for next week?
	Improve Emotional Health	What areas can I improve on for next week?
	Professional Improvement	What areas can I improve on for next week?
	Improve Family Unity	What areas can I improve on for next week?
	Financial Improvement	What areas can I improve on for next week?

Monthly Question Category		Monthly Questions
	Improve Physical Health	What were my biggest improvements?
	Improve Emotional Health	What were my biggest improvements?
	Professional Improvement	What were my biggest improvements?
	Improve Family Unity	What were my biggest improvements?
	Financial Improvement	What were my biggest improvements?

PART 4: Supporting the Fundraiser

When you create your free online account, you can upgrade it to Bronze, Silver or Gold. The following is a breakdown of what you receive at each level. A portion of the money you pay will go towards supporting your athlete and their fundraiser.

Creating a Free Account will allow you to:

1. Access our (optional) Experience Questionnaire. This 11 question survey will help the athlete learn some of your most valuable life lessons.
2. Have a personalized profile page with a comment wall.
3. Have a personal internal Dashboard that shows you how impactful your involvement has been to the team.
4. Access the Roster Module and view all the personal profiles of the athletes on the team. You will be able to see athletes' milestones, achievements, status updates and interaction history.

A one-time payment of \$20 will upgrade a Free Account to a Bronze Account. Upgrading to Bronze will allow you to access all the features of Free Accounts plus:

1. You will be able to add Accountability Partners and access their Goal Progression Log.
2. View all your Accountability Partners' goals.
3. Know if your Accountability Partners' submit their entries and reports late or on time.
4. View statistics about your individual Accountability Partners' Goal Logs.

A one-time payment of \$40 will upgrade a Free Account to a Silver Account. Upgrading to Silver will allow you to access all the features of Bronze Accounts plus:

1. Use Private-Messaging features AND Blog-Forum features to connect with;
 - a. Your Accountability Partners
 - b. The Team - which includes; athletes, coaches and trainers
 - c. Team Supporters – which includes; teachers, PTA members, booster club members, parents of athletes and administrators
2. Access the members-only Team Calendar
3. View your Accountability Partners “Entries” page. This will allow you to see;
 - a. when each individual entry/report was submitted
 - b. the goal’s title and description
 - c. their strategy for completing the goal
 - d. the goal’s start date and expected end date
 - e. an explanation of what is expected once the goal is completed
 - f. possible obstacles or challenges
 - g. objectives for completing the goal
 - h. additional notes about the goal
4. Every Goal Log starts at 0%. Each week, your Accountability Partners’ percentages will increase by a certain amount. View a chart that shows you how much the individual percentages increases each week.
5. View Monthly Reports
6. Add motivational and/or instructional comments directly on your Accountability Partners’ Monthly Reports
7. Create your own Goal Log to help you accomplish your own goals (limit 1)

A one-time payment of \$80 will upgrade a Free Account to a Gold Account. Upgrading to Gold will allow you to access all the features of Silver Accounts plus:

1. View athlete EVALs. EVALs are weekly evaluations that are given and received by athletes.
2. View what Tasks, UnProductives, Ratings and Questions your Accountability Partners' are tracking.
3. View how many times your Accountability Partners' wanted to accomplish certain Tasks versus how many times they actually accomplished the Tasks.
4. View how many times your Accountability Partners' wanted to do certain UnProductives versus how many times they actually did the UnProductives.
5. View the levels your Accountability Partners' wanted to attain for certain Ratings versus the levels they actually attained the Ratings.
6. View the answers to your Accountability Partners' Weekly Questions.
7. Add motivational and/or instructional comments directly on your Accountability Partners' Weekly Entries.
8. View team statistics like;
 - a. Weekly team percentage increase
 - b. Number of overall on time submissions
 - c. Number of overall tardy submissions
 - d. Number of goals being worked on
 - e. Number of connected teams collaborating together
9. View robust Line Graphs that make it easy to visualize the teams progression
10. Create an unlimited number of Goal Logs to help you accomplish your own personal goals

Here are more ways to help your athlete and their team reach their fundraising goals!

The Silver Bundle

Purchase 10 Silver Accounts for \$300 and save \$100!

Be proactive about connecting with your friends and family (through goal-collaboration) and give the perfect gift at the same time! This bundle will allow you to give Silver Accounts to people you want to become Accountability Partners with. The Goal Progression Log is a goal-management program that is proven to increase productivity and help people reach their goals. Why not give the gift of Productivity?

Team Sponsorship

The Team Account has 2 banner-advertisement slots that can be purchased for \$1,000 each. Advertise your business to all the coaches, parents, teachers and supporters who use RosterRecharge. We provide detailed reports that show you how effective your banner is. Email sponsorship@rosterrecharge.com for more information.