

# Monday - Friday Weekly








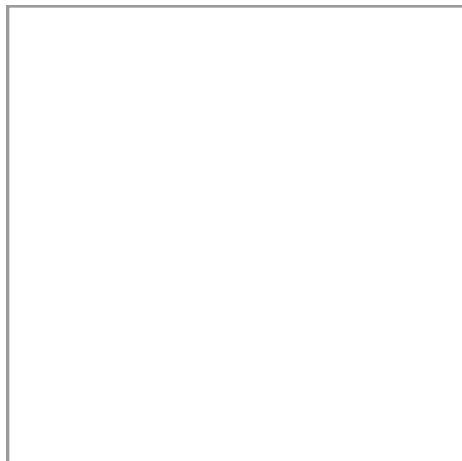
## Weekly Goal: 45 mins

Your Name:

Try and play 10 mins/day and fill in the star if you hit your target of Monday - Friday. Draw your own star if you play on a different day.

Week #:

<input type="checkbox"/> MON	<input type="checkbox"/> TUE	<input type="checkbox"/> WED	<input type="checkbox"/> THU	<input type="checkbox"/> FRI	<input type="checkbox"/> SAT	<input type="checkbox"/> SUN
						



I feel \_\_\_\_\_

### Optional:

Draw a picture of two emotions you felt this week and take a photo to share them back with your coach.



I feel \_\_\_\_\_