

Three Days a Week



Weekly Goal: 45 mins

Try and play 15 mins for three days and fill in the star on those three days you play.

Your Name:

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 _____