Task	Sunday	Monday	Tuesday	Wednesday	Thursday	Fridsay	Saturday
Trained							
Played							
Recovered							
Practiced							
Played							
GG							

What is measured is focused on, what is focused on is improved....

Task	Sunday	Monday	Tuesday	Wednesday	Thursday	Fridsay	Saturday
Trained							
Played							
Recovered							
Practiced							
Played							
GG							