

MERRILL BLUEJAYS GIRLS WRESTLING

YOU University Participant Packet | 2025-2026

1. WELCOME & HOW TO USE THIS JOURNAL

This packet is your season-long mindset, focus, and goal toolkit. Use it daily. Bring it to practice, meets, and your YOU University study hour.

- **Skim Sections 1-3:** Understand the core tools.
- **Set Goals:** Complete the Season Goals & WOOP sections.
- **Daily Habits:** Use the "Pre-Practice Focus Sheet" (located at the back of this packet) every single day.
- **Review:** Do a Weekly Review each Sunday.

2. BLUEJAY MINDSET & VALUES

We compete with class, train with purpose, and grow 1% daily. Our controllables: Attitude, Consistency, Persistence, and Resilience.

Identity: "I am a Bluejay. I am consistent, persistent, resilient, and relentless."

Standards: Low or no drama. Respect officials. Gratitude. Clean mat, clean gear, clean language. Be early.

3. THE SCIENCE OF PERFORMANCE

- **Growth Mindset:** Learn from mistakes; effort builds skill.
- **WOOP (Wish, Outcome, Obstacle, Plan):** A strategy to turn goals into action.
- **Imagery (PETTLEP):** Vivid mental reps to prime skills and confidence.
- **Breath Control:** Using 4-6 breathing to steady nerves and sharpen focus.

4. SEASON GOALS

Set one Outcome (what you want), 2-3 Performance (stats/levels), and 3-5 Process goals (daily actions).

Type	Goal Statement	Why It Matters	Deadline
Outcome			
Perform			
Perform			
Process			
Process			
Process			

5. WOOP & IF-THEN PLANS

Identify an obstacle and create a plan: "*If [Obstacle], Then I will [Action]*."

Wish (Goal)	Best Outcome (Feeling)	Obstacle (Internal)	Plan (If / Then)

6. IDENTITY STATEMENTS

"I am a gritty, technical wrestler who finishes hard."

My Identity Statement	Evidence from training	Affirmation / Cue

7. PRE-PRACTICE ROUTINE (10-12 MIN)

Physical

- Arrive early & Check gear
- Hydrate
- RAMP Warm-up (Raise, Activate, Mobilize, Potentiate)

Mental

- Breathing (4-6 count) x 60s
- 2 Affirmations
- 3 Reps Imagery (First drill)
- Set Intent

8. PRE-MATCH ROUTINE

- Gear check & Dynamic warm-up
- 3 Breath cycles (Inhale 4, Exhale 6) + Posture ready
- Imagery: First contact, level change, finish
- Reset Phrase:**Breathe - Cue - Scan - Go

9. FOCUS & RESET

Controllables	Distractions	My Reset Plan
Effort, Attitude, Prep		Breathe, Cue, Scan, Go

10. HEALTH & RECOVERY

Sleep & Hydration

Target: 8-10 hours/night.

Hydration: Pale-straw urine goal.

Rule: No screens 60 mins before bed.

Fueling

Pre (2-3h): Balanced plate.

Top-off (30m): Small carb (fruit).

Post: Protein + Carb (Choc Milk).

PRE-PRACTICE FOCUS SHEET

Day 1

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

90	83	48	62	25	52	30	11	94	23
10	32	29	34	92	16	13	67	22	74
84	75	40	18	46	89	85	55	50	38
20	79	91	01	97	19	98	37	00	58
07	57	39	95	49	05	21	69	17	53
54	82	73	41	87	71	65	96	03	42
47	02	77	81	24	06	68	88	27	08
61	70	64	76	15	33	66	43	12	14
63	72	78	45	99	36	26	60	80	44
28	93	04	31	86	35	51	56	09	59

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 2

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

68	50	30	32	83	94	34	17	31	67
65	46	45	71	78	13	28	14	97	96
84	07	93	62	02	42	55	24	56	49
35	89	40	87	09	64	82	53	66	05
11	92	51	27	95	75	88	48	00	15
61	79	36	12	52	72	41	60	04	26
74	69	06	16	59	85	44	58	23	73
90	20	98	81	57	10	18	33	01	80
77	38	70	43	37	19	86	39	76	99
47	08	29	25	22	63	91	21	54	03

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 3

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

48	93	97	23	63	99	76	27	26	29
75	59	64	87	45	41	14	82	00	20
25	69	02	28	46	85	24	84	17	90
88	38	74	16	19	73	79	15	94	10
70	37	86	12	89	03	36	50	42	98
32	62	60	58	22	71	96	35	11	13
55	43	52	81	01	09	40	56	06	44
18	72	68	95	33	08	54	53	83	67
80	39	92	34	21	57	51	49	30	78
31	05	77	66	91	61	07	65	04	47

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 4

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

35	03	47	27	74	19	96	41	75	93
63	97	61	54	62	34	32	16	64	95
78	29	43	56	81	39	76	45	05	40
22	13	33	94	67	72	44	01	21	90
38	85	68	08	12	65	49	24	88	26
84	73	42	91	25	06	31	70	28	04
20	60	23	98	11	36	00	10	89	53
71	83	18	52	17	55	57	51	59	09
80	87	30	92	99	46	79	02	07	14
77	50	48	37	58	69	66	15	82	86

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 5

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

27	80	18	16	57	50	43	04	31	63
66	36	56	49	71	99	11	75	28	00
58	05	30	82	32	81	19	95	02	21
35	62	84	48	51	24	22	87	29	76
09	69	15	77	90	45	73	46	38	54
10	67	37	47	60	96	98	01	83	23
97	86	33	52	07	85	93	89	55	20
13	61	41	72	26	42	65	64	70	94
08	17	88	79	25	14	44	68	06	34
78	03	12	74	39	53	40	59	92	91

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 6

Date: _____ Name: _____ Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

75	31	49	39	66	25	46	57	94	09
36	74	13	68	90	87	83	63	38	22
18	64	51	53	84	24	69	96	02	70
15	32	44	95	72	29	88	65	20	59
21	48	99	14	79	98	91	61	23	67
78	52	08	71	27	37	86	33	34	80
60	10	47	03	82	40	92	00	76	01
89	55	81	12	17	56	41	19	06	43
58	30	77	26	28	42	04	97	16	11
54	62	50	35	85	45	05	07	93	73

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 7

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

89	93	10	33	70	26	75	91	83	48
85	30	72	47	21	07	52	44	38	01
27	62	80	95	43	55	54	63	61	19
74	40	76	69	06	57	34	20	53	68
09	78	46	86	11	31	65	84	00	51
64	08	17	66	03	28	41	98	22	97
14	96	67	73	04	71	60	79	35	16
12	29	13	18	24	94	56	37	45	36
39	77	25	99	59	88	81	15	42	05
02	32	90	23	87	92	49	82	50	58

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 8

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

12	39	78	27	19	11	93	02	44	23
40	53	06	83	89	87	58	97	63	07
30	57	21	80	75	10	55	96	94	00
48	68	38	65	15	84	41	49	99	51
09	60	88	13	08	22	24	72	35	33
74	20	82	37	71	50	86	14	85	77
32	01	03	16	64	36	47	46	98	52
56	81	70	28	18	61	91	90	67	25
43	29	95	73	92	42	05	76	69	54
66	26	79	04	17	45	62	59	31	34

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 9

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

93	39	06	60	87	50	53	31	83	74
67	21	96	32	28	10	08	29	44	52
61	13	75	11	38	92	19	90	37	03
34	00	82	89	05	33	88	49	86	02
17	26	46	12	47	70	25	41	42	72
43	95	04	15	01	97	69	79	71	64
40	65	77	63	62	76	20	23	48	14
73	22	56	45	09	57	94	35	27	78
24	68	91	18	58	80	36	30	59	07
85	84	16	98	51	66	55	81	54	99

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 10

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

76	30	41	61	51	72	56	08	64	47
33	59	63	43	17	95	84	11	39	74
29	89	34	98	79	01	68	53	13	12
36	21	92	05	55	38	73	16	94	60
83	06	40	70	31	66	00	80	19	07
35	46	27	86	52	99	82	75	77	14
97	93	81	44	71	62	03	57	09	45
49	04	50	02	10	25	87	48	20	96
18	85	91	42	69	26	67	24	32	23
54	22	58	90	88	65	28	37	15	78

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 11

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

88	62	91	77	03	35	11	59	72	48
42	52	09	81	04	51	56	31	61	38
16	07	29	80	23	65	74	17	30	69
90	86	41	99	84	44	19	24	45	55
39	25	83	34	75	37	95	87	40	68
85	02	82	27	18	98	49	13	73	28
54	94	92	67	60	76	78	12	79	70
57	71	06	26	10	53	33	50	21	89
93	32	58	01	00	36	97	20	47	14
96	63	15	22	05	64	46	08	66	43

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 12

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

 Find 00-99 in order (30 Seconds)

11	64	66	53	30	83	63	82	78	22
16	28	43	00	46	15	17	49	18	95
99	31	50	05	60	88	90	12	70	04
07	86	47	96	98	55	06	51	87	77
69	89	01	91	13	84	37	34	67	93
73	44	58	94	59	76	29	08	02	40
32	10	26	03	57	75	20	23	25	33
72	39	71	41	61	80	68	92	79	74
14	48	85	36	97	27	45	35	52	62
21	19	65	42	81	24	38	54	56	09

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 13

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

41	94	79	42	44	43	97	68	01	89
92	58	51	04	66	90	80	06	39	27
64	86	55	38	57	96	07	12	85	10
88	69	48	22	17	72	26	81	93	25
74	37	29	52	60	19	35	21	33	16
59	95	02	62	98	45	78	73	83	76
40	50	03	75	84	24	15	13	67	46
18	99	31	53	14	23	32	47	70	61
56	28	30	91	09	11	05	82	71	20
36	08	65	77	49	63	00	87	54	34

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 14

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

17	05	52	60	80	14	06	68	89	44
71	15	24	00	67	94	46	73	93	39
37	21	64	87	88	28	56	18	69	77
25	43	01	41	30	74	34	27	47	12
19	79	99	31	83	36	72	54	33	66
08	32	04	20	38	91	29	57	02	84
58	26	23	42	92	11	75	16	45	70
82	61	98	96	09	63	10	07	62	22
35	51	95	48	13	65	81	59	90	49
55	97	50	03	76	78	53	85	40	86

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 15

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

84	54	83	59	06	90	41	23	42	37
51	70	05	79	86	09	96	62	49	78
92	31	08	65	82	10	52	93	91	00
30	99	16	20	72	19	57	27	68	56
60	75	36	87	15	58	21	03	61	71
47	88	53	85	11	89	80	38	14	74
32	39	22	81	25	28	46	69	33	44
17	29	40	67	12	64	95	02	48	24
94	73	43	13	35	97	26	04	34	45
66	76	01	55	18	98	77	07	63	50

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 16

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

31	50	25	81	08	20	35	10	57	79
15	04	76	92	74	40	67	21	78	68
91	70	83	84	60	37	93	22	26	73
87	03	41	47	96	34	54	72	29	85
65	55	17	99	33	88	42	23	32	69
27	86	58	02	77	36	59	39	49	06
09	14	12	05	63	44	75	30	48	62
90	38	97	07	66	19	71	64	89	24
18	98	11	43	51	53	52	94	45	95
46	01	16	00	82	56	80	61	13	28

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 17

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

40	45	91	29	60	77	97	06	82	67
50	59	39	07	28	74	80	65	18	99
11	44	61	13	10	84	37	64	88	94
33	81	19	08	95	62	56	09	63	52
70	85	04	01	54	12	03	78	23	51
93	53	15	87	25	75	41	22	79	43
92	86	71	90	00	73	48	17	02	89
68	46	49	21	66	47	16	72	32	98
83	05	35	14	38	27	69	55	57	24
20	96	31	58	42	30	34	26	76	36

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 18

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

87	85	12	72	63	97	10	99	24	82
25	73	14	53	89	78	52	21	68	47
88	77	01	23	69	84	19	62	26	55
95	57	96	35	17	33	92	74	08	65
37	75	48	28	32	71	22	40	56	18
05	66	15	38	50	31	02	41	83	60
61	29	81	43	44	39	42	27	20	49
07	80	64	59	13	45	51	00	58	46
91	93	16	76	34	09	79	11	86	67
06	54	03	36	90	70	30	04	98	94

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 19

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

56	89	12	64	98	10	43	71	17	91
88	74	49	38	82	46	24	04	01	79
41	77	83	27	72	63	31	78	57	25
93	85	80	55	81	11	02	03	95	54
36	06	52	00	23	08	40	26	07	92
35	37	30	14	66	68	19	28	75	97
21	59	34	15	58	67	20	90	51	62
16	94	73	05	53	60	50	44	29	42
48	22	32	45	18	84	69	47	09	13
99	39	96	65	76	87	61	70	33	86

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 20

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

01	58	99	73	77	54	86	92	74	27
37	45	72	00	04	80	49	90	55	11
60	82	59	65	78	24	40	56	79	20
34	48	64	93	15	21	07	98	83	89
75	46	28	62	44	66	05	14	47	68
87	52	18	09	22	33	97	23	38	57
16	85	26	02	12	08	50	53	88	39
17	06	94	03	42	29	51	70	84	19
61	96	67	35	69	76	25	81	63	41
32	36	91	10	95	43	13	30	71	31

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 21

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

27	44	01	70	82	84	62	29	77	06
55	08	52	91	32	25	45	11	89	94
58	33	31	24	53	39	03	23	16	42
26	81	48	04	65	71	85	63	83	61
98	13	51	46	97	30	36	69	64	07
17	38	57	92	79	90	41	72	12	96
76	37	43	15	54	75	21	22	59	49
50	60	78	47	19	67	00	86	34	74
02	56	87	73	18	14	66	95	35	68
88	10	40	99	28	09	05	80	20	93

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 22

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

78	22	58	35	04	23	60	37	53	77
01	76	50	18	87	07	71	30	62	45
32	75	19	79	74	06	64	03	91	99
36	80	29	13	16	56	08	49	47	96
44	11	72	26	73	63	40	52	55	57
93	24	88	46	85	70	41	90	59	09
02	27	00	97	28	86	67	66	98	21
33	95	38	82	94	84	89	17	12	81
31	69	54	51	68	39	61	14	48	34
42	83	15	25	10	20	05	43	92	65

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 23

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

60	41	49	09	56	77	15	06	82	61
72	03	85	10	26	08	59	99	33	58
50	91	53	84	92	78	70	55	94	28
30	31	74	40	89	17	71	43	32	64
88	37	96	69	45	13	19	18	04	27
35	16	00	98	90	81	44	52	54	51
01	57	68	23	66	38	20	12	42	80
48	62	93	65	29	47	05	22	73	86
67	24	46	34	97	11	87	07	76	02
83	63	25	21	36	14	39	79	75	95

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 24

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

87	53	26	59	51	40	31	02	60	32
61	16	70	56	41	68	05	75	25	67
95	92	09	46	69	86	36	57	29	64
15	28	65	94	71	93	10	83	80	47
73	90	84	45	34	82	22	72	89	33
58	20	78	08	01	88	85	74	03	54
18	21	77	27	39	63	43	42	30	04
23	62	99	11	91	48	38	79	52	50
14	44	24	81	12	66	06	98	13	37
07	97	35	55	49	19	00	76	17	96

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 25

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

37	15	02	42	16	51	94	81	29	68
95	60	45	21	73	39	55	25	80	82
13	90	33	99	46	75	47	10	01	00
12	06	62	36	40	96	85	57	27	88
30	09	05	20	76	04	74	23	24	03
97	35	53	79	50	44	32	07	26	58
31	38	71	61	77	52	93	91	78	64
28	34	69	72	84	86	43	19	92	08
54	59	48	22	11	41	14	89	65	98
49	18	56	66	87	67	83	17	70	63

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 26

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

64	83	66	87	16	10	92	81	71	39
74	90	21	05	09	45	84	47	35	72
32	54	94	96	75	58	99	40	12	60
59	80	52	50	73	48	13	28	77	19
62	26	22	68	82	33	27	11	57	91
69	08	29	41	93	43	00	98	01	95
76	03	31	02	70	56	34	07	51	61
04	42	53	86	37	55	06	25	67	15
14	89	88	23	20	44	97	38	30	24
78	49	36	17	18	63	46	85	79	65

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 27

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

25	14	84	87	43	74	22	31	13	73
92	29	51	82	04	40	44	69	41	45
77	54	28	50	17	01	10	90	46	85
33	65	88	26	94	35	49	05	63	64
86	59	19	42	78	55	67	89	39	58
16	38	36	47	81	93	60	32	37	71
08	03	95	24	79	11	97	00	02	27
12	70	66	30	20	99	09	53	52	07
72	21	91	18	96	34	83	23	56	48
76	80	61	75	98	15	06	62	68	57

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 28

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

84	50	46	71	76	59	41	86	78	20
64	33	06	17	52	91	02	43	62	04
27	63	70	49	77	19	56	54	45	23
92	10	94	80	69	29	85	90	81	36
96	38	61	65	24	13	21	97	44	32
25	60	09	58	79	08	66	26	83	28
22	07	01	00	31	48	55	98	72	75
15	95	18	42	99	74	87	47	53	30
82	39	11	93	16	05	35	88	73	34
67	03	40	51	37	68	57	12	89	14

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 29

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

38	18	93	76	25	20	45	74	37	58
01	81	82	26	72	51	66	75	44	69
55	83	12	43	48	61	54	05	70	29
89	36	41	47	31	56	11	60	84	28
94	16	30	79	33	68	40	21	91	15
23	73	42	85	13	22	96	65	10	02
04	97	62	52	49	08	39	14	88	90
92	98	86	24	77	80	99	71	46	78
64	07	87	35	59	95	06	57	27	67
32	63	50	17	00	03	09	34	53	19

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 30

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

55	70	02	94	76	83	44	78	62	08
07	39	04	91	27	82	16	06	20	90
15	17	99	24	87	96	74	54	31	77
01	46	86	52	47	81	93	75	09	33
38	69	28	92	73	14	80	95	19	12
11	61	30	22	05	29	64	34	40	58
51	60	85	59	41	65	48	57	71	03
53	32	35	66	63	79	49	25	37	56
23	97	43	42	88	13	36	10	00	26
21	45	72	50	84	98	18	89	68	67

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 31

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

37	39	03	60	87	45	79	85	22	35
46	97	55	08	12	40	02	24	51	64
63	69	16	19	36	49	41	76	89	84
05	83	75	78	54	52	26	92	09	14
91	00	31	53	81	42	62	28	13	34
88	56	74	61	95	98	50	07	47	04
70	10	58	30	11	17	71	82	57	21
80	68	44	15	32	06	72	48	01	77
38	66	90	73	94	43	86	59	29	99
23	33	27	96	25	65	67	18	20	93

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 32

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

59	46	48	41	44	89	21	79	78	82
67	70	54	39	31	47	66	19	34	55
52	93	14	42	23	87	28	69	97	35
06	13	05	95	17	75	20	22	99	26
72	85	58	80	29	57	24	86	16	36
63	38	94	51	90	01	74	00	84	04
33	32	64	65	11	77	83	91	37	12
71	09	10	30	07	43	15	02	81	88
92	56	73	98	45	50	76	03	53	62
60	40	96	25	61	18	68	27	08	49

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):
1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 33

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

13	98	48	71	15	90	96	26	85	66
21	82	54	84	33	75	57	10	16	43
78	65	99	18	17	38	97	22	61	81
23	74	68	72	00	37	42	36	60	27
11	19	09	63	89	05	91	01	45	73
59	52	12	30	62	67	31	55	24	70
39	94	53	51	08	80	87	76	50	83
25	02	32	44	56	49	04	46	03	34
40	29	93	47	64	92	88	69	86	58
35	28	07	14	06	95	79	20	77	41

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 34

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

80	15	17	66	36	55	94	03	38	13
57	86	06	48	98	92	19	12	39	56
24	72	70	32	23	16	54	85	22	46
59	62	44	09	49	20	02	83	30	35
60	87	53	26	07	52	29	25	11	61
45	41	82	69	50	04	47	71	34	84
42	43	00	78	63	64	33	67	68	96
18	10	99	89	01	75	79	91	74	97
58	37	73	31	93	27	76	88	90	14
05	28	65	81	77	40	08	95	21	51

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 35

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

54	47	40	41	04	57	23	94	79	48
42	82	21	59	74	98	34	14	32	52
75	95	97	93	37	50	67	88	10	00
12	28	91	35	78	63	05	46	92	25
58	22	81	29	31	53	99	30	45	71
96	65	43	07	62	20	33	39	80	06
38	49	61	66	26	01	68	86	77	24
19	76	55	11	36	89	60	18	08	44
15	72	87	83	84	70	16	64	13	69
90	17	27	56	09	03	02	85	51	73

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 36

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

47	21	63	69	33	76	46	18	15	58
57	05	22	30	44	82	41	73	31	72
71	56	78	91	39	01	61	55	37	36
93	74	10	11	23	04	45	75	12	79
65	53	43	54	29	81	90	32	52	13
02	40	70	00	92	95	88	08	77	67
50	35	64	51	26	14	84	07	86	49
99	98	87	20	17	28	06	66	62	83
03	48	96	27	80	16	94	42	68	24
25	89	19	38	34	85	60	09	97	59

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 37

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

70	54	51	88	80	97	40	00	77	12
87	71	99	37	91	09	72	01	94	81
82	44	73	25	23	50	55	48	68	47
14	32	79	18	63	78	13	42	56	90
30	62	41	03	28	15	27	02	26	67
74	22	69	75	59	89	43	95	08	19
24	76	17	84	33	07	29	46	36	11
85	34	05	39	53	10	60	65	92	49
20	98	66	45	04	93	96	83	31	52
16	64	61	38	35	58	06	57	86	21

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 38

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

34	95	45	85	61	71	07	24	05	26
70	16	28	39	37	44	69	23	58	22
17	97	68	09	75	82	18	94	88	84
43	19	10	14	00	20	67	90	50	12
48	66	40	60	11	78	06	01	47	98
32	02	27	99	33	93	03	87	25	51
52	76	64	81	21	57	80	31	59	56
79	49	42	77	35	72	41	86	63	29
55	73	89	08	38	62	46	30	53	74
83	15	36	96	91	04	13	92	65	54

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 39

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

23	24	51	12	72	43	94	64	95	62
69	55	77	75	50	05	10	39	48	26
20	84	42	11	82	31	09	15	21	04
01	67	22	30	61	93	74	90	25	16
02	33	40	29	00	88	71	14	35	32
70	87	03	97	08	68	83	44	47	17
99	13	81	46	85	98	49	78	19	06
53	76	41	96	79	57	34	60	07	54
58	18	63	36	59	38	37	45	89	86
66	65	56	92	27	80	73	52	28	91

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 40

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

12	97	19	69	15	39	06	55	68	78
45	10	76	88	30	09	58	31	33	49
59	66	42	83	57	46	75	48	84	51
23	21	41	65	86	44	63	56	14	37
24	40	03	43	35	36	71	92	90	93
60	20	28	98	67	25	16	95	72	05
08	85	50	32	80	64	73	79	87	94
77	52	02	26	17	53	54	27	91	61
00	74	34	13	82	47	70	99	62	29
01	11	07	96	18	22	89	38	81	04

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 41

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

70	21	61	14	23	65	76	44	90	19
86	85	05	29	34	64	12	68	41	84
58	94	63	07	36	20	91	49	27	87
55	89	06	11	26	28	18	62	43	38
73	15	66	99	13	71	59	03	96	24
52	33	37	00	69	25	48	47	30	16
51	95	50	01	17	42	53	56	74	10
46	67	75	08	83	77	09	81	22	98
97	39	32	88	02	78	79	80	57	60
54	31	72	04	82	40	93	92	35	45

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 42

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

38	68	97	91	31	42	64	00	23	81
29	28	50	65	07	72	99	69	10	63
58	14	57	87	24	85	88	61	62	75
33	92	79	37	44	94	32	80	05	56
35	18	53	98	67	51	03	15	83	04
45	55	01	09	89	86	54	71	52	17
76	60	34	39	59	46	47	84	16	08
41	77	82	70	19	66	49	95	02	96
13	73	20	12	78	36	25	26	27	90
40	06	48	11	43	30	74	93	21	22

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 43

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

13	35	60	86	49	09	88	08	34	65
07	23	99	71	66	94	85	83	11	89
18	44	25	63	28	87	43	91	10	21
41	98	32	53	77	67	22	39	46	55
76	54	93	26	70	64	92	58	20	27
47	15	42	37	52	36	81	16	80	38
69	57	72	05	97	50	40	95	96	56
62	75	19	04	24	68	61	06	78	59
30	01	51	82	00	17	84	74	02	33
73	79	45	12	31	29	14	48	03	90

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 44

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

77	40	19	08	47	46	36	11	99	58
51	26	05	74	23	95	37	34	50	10
35	52	97	57	82	07	31	59	18	14
24	93	65	09	86	68	73	89	41	06
53	60	00	96	80	75	45	39	33	49
25	71	44	29	81	13	94	55	15	70
56	27	84	04	83	28	22	69	20	66
62	61	01	90	54	48	78	98	67	79
30	43	38	03	16	88	02	17	42	72
92	21	32	12	91	87	76	63	85	64

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 45

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

85	59	33	02	15	01	62	63	42	05
96	94	60	18	20	31	92	04	28	81
38	45	99	09	08	57	12	34	46	03
86	13	16	54	26	93	87	24	11	21
35	95	65	41	72	75	69	58	36	07
19	84	67	89	52	70	25	61	10	06
77	90	73	50	51	30	37	53	14	44
97	17	83	00	49	82	22	23	78	47
64	56	76	79	80	88	98	39	74	55
71	27	91	43	32	68	48	40	66	29

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 46

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

21	45	75	50	47	12	68	09	40	04
20	71	84	95	58	23	81	07	70	34
02	39	19	92	08	60	55	05	67	77
96	51	03	64	13	97	49	48	42	54
86	85	98	37	69	66	41	24	33	83
89	93	76	59	35	06	22	52	78	38
00	62	28	25	10	56	26	63	80	90
65	87	61	43	14	46	44	79	18	11
82	15	99	32	88	36	73	29	16	17
30	01	91	72	31	53	27	57	74	94

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 47

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

15	37	45	87	73	61	19	09	68	08
22	13	39	62	88	48	86	18	52	26
98	66	63	41	74	60	05	94	65	92
20	21	40	28	12	95	03	82	85	00
75	23	56	90	24	80	35	33	02	76
83	64	27	30	43	53	47	57	71	25
70	01	55	11	46	97	99	69	93	44
29	72	32	49	34	77	42	96	79	54
67	07	16	84	14	04	78	59	31	91
06	36	50	51	38	81	89	58	10	17

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 48

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

78	95	84	39	58	40	06	87	38	33
76	56	41	82	66	70	16	59	29	91
62	36	81	52	94	79	93	15	25	75
57	48	54	46	99	53	42	05	37	49
43	27	86	74	96	31	68	35	50	64
90	14	13	12	17	23	08	67	07	77
03	19	72	71	88	85	98	83	80	51
47	01	11	73	63	22	00	92	55	30
20	65	26	34	21	60	45	89	44	18
32	24	10	97	02	28	69	61	04	09

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 49

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

52	87	59	03	01	58	34	27	53	35
81	79	22	33	14	19	12	21	68	67
75	51	06	08	31	43	02	97	94	77
63	88	93	25	17	73	38	13	39	78
50	45	82	83	09	90	26	60	74	62
40	28	29	91	05	80	11	69	96	37
36	48	15	85	89	07	76	57	41	44
66	98	92	10	56	86	24	30	72	42
95	49	47	71	65	04	16	20	00	18
84	32	46	23	54	70	55	64	61	99

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 50

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

49	43	89	52	75	73	11	47	51	08
04	64	66	81	83	42	27	93	45	40
56	29	88	38	32	95	03	63	09	36
33	87	99	69	85	15	92	50	76	16
28	18	12	57	70	21	31	94	39	53
05	74	78	82	00	13	58	35	60	62
65	26	25	68	90	55	61	01	06	86
80	23	98	41	97	34	19	30	10	54
07	44	77	71	46	59	20	24	91	14
17	72	79	37	48	84	96	02	67	22

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 51

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

09	08	24	91	18	73	66	11	57	34
76	94	63	83	28	97	12	17	56	53
95	35	52	00	30	74	85	36	79	89
38	33	59	32	10	25	93	55	92	71
90	39	31	44	86	99	04	54	58	75
07	14	21	67	50	43	16	77	82	42
26	60	78	02	98	62	23	46	27	51
22	41	37	81	69	68	47	20	13	80
03	72	96	29	05	70	06	40	49	48
87	84	64	61	15	19	88	01	45	65

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 52

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

17	96	65	19	77	41	28	55	84	68
50	57	99	42	44	82	46	20	45	29
88	51	13	25	26	07	06	69	71	86
76	90	52	78	15	21	47	14	64	48
39	81	67	05	08	89	40	66	97	43
33	32	12	36	16	59	83	54	35	11
34	62	87	98	56	79	37	72	18	03
24	10	95	80	49	70	38	75	53	00
04	23	92	91	85	31	94	63	01	02
74	27	30	61	09	93	22	73	60	58

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 53

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

15	08	94	55	05	18	16	23	64	97
86	83	42	33	26	31	89	28	47	85
88	40	81	53	72	74	60	69	63	98
25	50	59	49	51	77	84	14	58	70
56	13	27	95	20	78	45	61	41	43
91	11	17	24	19	30	80	76	21	46
90	92	87	79	06	73	03	10	57	44
66	37	38	65	01	35	48	62	00	71
12	32	36	39	34	67	22	04	93	96
07	75	52	68	09	54	99	82	02	29

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 54

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

57	99	49	91	65	11	08	90	28	31
63	25	84	59	40	43	27	01	41	26
73	10	69	87	74	39	46	64	36	86
94	83	44	29	93	07	72	12	78	50
04	02	03	19	17	24	75	23	21	61
66	33	34	15	06	13	76	48	53	98
56	81	95	92	89	05	14	77	60	51
09	16	82	00	88	45	97	38	85	67
42	37	55	20	18	32	58	80	30	96
71	68	79	54	47	35	70	62	22	52

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 55

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

98	25	55	14	92	93	13	20	41	50
68	32	53	54	26	49	07	59	81	66
52	76	84	69	24	05	72	04	61	58
62	87	65	79	09	03	01	21	85	48
67	31	88	73	11	34	90	95	74	06
60	15	27	10	44	42	82	00	71	39
35	30	91	86	36	63	51	80	43	45
12	94	37	08	33	38	83	46	23	28
75	77	96	29	02	40	70	64	19	18
56	89	16	17	22	47	97	99	78	57

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 56

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

45	05	71	97	03	36	11	30	56	74
51	24	59	37	96	28	32	26	70	10
40	44	94	66	99	38	54	50	20	62
67	63	19	43	81	84	33	25	06	02
27	53	13	90	18	14	21	34	15	80
65	46	08	35	79	82	47	58	92	48
77	93	83	00	17	07	22	64	12	68
57	39	85	29	76	55	52	95	98	49
73	16	01	61	69	78	42	89	04	86
72	91	09	87	60	41	88	31	23	75

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 57

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

37	79	34	53	93	29	12	00	81	21
40	05	44	67	33	86	56	61	95	97
60	85	25	13	36	65	96	63	48	71
90	98	19	38	84	70	39	57	51	27
55	76	66	23	16	74	35	52	04	50
22	72	30	32	80	69	94	46	82	91
64	78	26	17	42	14	08	73	06	47
89	43	75	10	31	24	07	88	09	03
87	18	83	45	15	92	11	54	99	41
58	62	20	77	01	28	59	49	68	02

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 58

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

65	00	81	10	79	83	87	30	57	63
23	84	14	78	51	50	19	43	42	15
27	09	74	52	61	55	39	97	69	56
38	96	16	93	41	66	17	34	36	40
33	90	80	08	86	73	59	77	94	75
11	32	76	29	68	25	37	26	02	05
67	95	58	91	88	71	03	92	54	53
28	62	12	82	85	20	35	72	49	70
06	48	18	60	24	89	44	47	64	13
22	46	01	98	04	31	21	99	45	07

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 59

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

98	58	34	85	92	54	28	91	81	73
43	66	25	14	68	79	60	86	50	89
35	46	74	21	82	00	55	70	59	94
39	16	95	71	42	48	29	47	03	56
61	36	38	04	44	15	93	09	05	01
96	45	33	06	51	13	90	63	62	26
30	32	17	49	10	22	52	83	19	87
02	37	69	88	27	67	80	07	53	24
20	31	77	75	84	11	08	97	64	12
40	41	57	99	72	78	18	65	76	23

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 60

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

49	12	82	06	24	66	96	22	93	04
76	39	36	50	86	63	05	53	89	74
79	43	44	67	37	57	99	08	35	20
16	90	30	77	95	29	68	56	02	94
72	19	11	65	51	27	31	33	98	59
15	17	69	52	75	83	58	85	92	46
25	60	09	13	78	28	91	48	42	80
10	00	38	61	18	87	88	81	07	64
71	40	73	26	84	01	97	55	54	47
14	23	45	34	62	41	70	32	03	21

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 61

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

90	71	80	27	87	08	97	12	69	53
57	42	39	16	10	21	37	83	44	38
47	67	36	60	19	34	23	82	64	04
79	93	32	25	98	86	85	61	17	02
01	29	95	68	52	94	50	03	07	20
56	24	33	63	74	65	31	84	30	41
59	81	46	28	18	43	76	72	99	78
89	88	05	00	26	09	49	55	66	54
91	35	51	15	70	75	96	48	45	77
40	22	62	92	11	13	73	58	06	14

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 62

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

32	27	38	91	08	44	77	35	97	81
99	47	95	75	29	21	64	41	82	80
61	83	13	68	00	50	22	36	84	92
46	11	65	15	16	90	02	98	20	19
39	43	66	28	67	58	88	60	74	33
89	56	62	04	42	79	26	24	10	05
01	73	55	72	34	51	87	93	52	48
53	23	09	85	78	17	96	71	40	94
69	49	54	59	45	86	07	03	25	37
31	76	63	18	12	70	57	30	06	14

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 63

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

69	90	19	01	83	84	86	27	61	30
98	53	45	93	32	91	88	67	54	08
34	48	35	05	77	38	58	31	76	14
71	94	66	40	26	00	92	78	68	23
33	75	56	73	06	28	99	03	20	85
50	02	63	65	07	64	37	55	59	42
51	60	72	39	15	96	18	09	11	43
95	17	46	21	57	52	70	47	49	89
41	62	10	81	04	36	44	80	13	87
16	79	82	97	74	24	29	12	25	22

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 64

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

89	34	67	16	54	48	50	02	09	32
28	74	65	59	14	86	73	63	83	66
99	40	41	91	93	18	62	08	76	36
43	90	04	82	24	85	75	13	03	23
17	01	77	78	51	72	71	58	70	87
06	97	00	21	31	96	12	35	68	57
39	95	46	25	38	33	64	26	44	45
47	27	69	80	60	79	07	88	84	05
55	98	10	19	56	22	81	15	49	94
92	52	37	42	53	29	61	30	20	11

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 65

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

83	36	97	14	38	92	28	15	89	95
22	99	62	49	98	05	68	16	65	07
53	59	85	47	02	32	39	60	94	42
52	43	55	26	01	86	81	70	13	18
72	00	82	57	54	25	24	35	79	80
46	73	45	30	76	75	44	06	67	90
64	51	71	74	88	48	20	56	33	61
41	27	40	58	29	03	09	77	08	11
23	78	63	69	10	50	17	91	84	93
21	12	37	19	87	34	66	31	96	04

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 66

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

44	40	12	70	43	54	10	37	45	62
91	38	17	16	82	57	14	71	18	23
30	32	21	73	01	97	89	02	51	90
41	80	34	87	53	46	99	76	68	81
75	85	36	08	50	07	11	72	19	29
83	27	28	64	22	15	84	78	48	47
88	94	49	39	79	61	65	13	58	03
93	96	55	77	06	74	20	59	95	26
09	52	86	05	60	31	00	67	04	42
69	63	35	56	66	25	24	92	98	33

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 67

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

15	93	07	69	49	75	79	51	44	57
47	20	08	46	27	67	76	78	29	06
30	14	84	64	74	65	34	89	92	21
96	56	37	99	28	58	90	50	98	63
54	86	23	12	41	48	81	39	09	62
25	71	26	60	31	01	38	42	72	05
88	19	43	35	17	11	33	02	16	95
53	45	59	32	66	70	85	03	94	68
52	61	13	22	97	73	82	77	10	36
83	80	55	91	40	24	04	87	18	00

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 68

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

33	29	14	67	02	21	80	55	15	51
01	34	60	65	20	93	41	72	40	59
70	98	24	47	44	52	88	43	30	25
35	97	84	62	03	57	76	31	74	39
46	85	54	99	91	78	48	18	63	50
38	66	10	69	04	27	06	09	37	87
22	16	81	13	19	26	86	23	89	92
49	45	17	82	71	68	08	96	53	77
11	58	36	00	83	94	73	12	42	79
61	28	75	95	32	07	90	05	64	56

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 69

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

27	21	39	53	88	47	78	51	85	45
11	73	18	08	43	81	24	36	56	38
94	46	55	75	62	52	29	80	42	54
10	86	87	65	90	68	31	13	09	07
76	26	58	70	04	23	22	49	57	72
48	77	20	64	79	44	02	84	37	25
33	17	66	93	61	71	12	74	01	82
05	89	67	35	16	96	63	83	92	91
34	59	69	98	19	41	30	00	97	50
60	28	40	14	06	03	15	99	32	95

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 70

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

71	22	49	33	93	14	20	74	77	90
40	91	94	11	46	98	92	96	44	62
17	16	56	01	87	37	38	55	21	45
48	86	80	07	51	75	32	89	95	34
85	03	65	78	04	00	24	67	66	79
73	15	18	52	64	41	06	13	83	36
35	29	97	02	23	28	82	05	39	31
50	88	25	57	84	58	43	42	47	59
26	09	10	81	08	54	99	72	30	70
61	76	63	19	27	69	60	68	53	12

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 71

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

10	17	32	55	45	22	80	14	88	46
13	15	71	97	87	99	04	18	00	76
25	12	05	94	72	38	82	03	31	52
96	11	43	89	58	59	23	86	35	78
19	49	70	48	08	93	61	83	67	26
85	09	39	06	68	56	44	33	75	01
95	66	74	77	24	50	73	63	28	37
62	51	42	30	20	60	41	79	34	57
84	64	40	69	81	65	36	16	27	90
21	98	47	91	07	29	02	54	92	53

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 72

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

93	35	54	41	81	37	29	12	45	95
85	26	10	44	28	73	49	13	74	59
36	56	11	88	38	32	02	06	07	24
72	89	79	92	60	05	18	58	52	25
09	63	27	67	78	14	04	57	15	70
34	42	03	19	43	20	23	86	90	65
96	61	46	39	16	82	40	55	17	33
84	97	66	83	31	98	48	94	51	47
30	22	68	01	91	69	62	53	71	08
50	21	77	00	75	87	64	80	76	99

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 73

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

75	84	74	80	48	69	32	59	45	46
47	11	60	61	02	91	18	81	53	73
03	39	06	95	77	04	14	63	21	16
33	88	34	41	83	56	50	22	42	25
94	00	07	58	49	19	51	79	44	82
01	38	12	10	40	99	98	17	92	28
27	20	30	62	64	55	37	72	78	85
35	29	57	86	71	97	24	54	26	52
43	87	93	70	66	90	13	36	31	76
68	09	96	15	89	05	65	67	23	08

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 74

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

98	23	25	89	53	12	65	48	32	05
96	92	08	35	40	22	86	28	06	42
79	27	85	56	95	57	67	36	01	43
10	30	55	24	17	13	18	93	62	84
46	11	26	45	59	16	70	97	61	34
76	87	60	21	91	71	15	02	50	58
72	73	90	82	99	04	81	80	33	52
41	83	31	88	78	09	14	38	69	20
07	77	94	47	00	66	49	29	75	03
54	74	37	68	19	51	39	64	44	63

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 75

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

00	91	49	89	66	16	14	68	30	76
54	50	70	26	32	84	29	93	40	18
96	99	17	05	33	98	41	86	12	43
31	44	28	75	85	35	92	87	63	83
03	10	21	47	90	19	60	27	24	15
11	82	71	80	42	25	38	06	69	78
07	57	46	34	56	52	77	08	45	48
79	20	88	01	22	37	61	51	59	67
55	23	13	62	95	09	39	53	74	81
94	02	04	97	36	73	65	72	64	58

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 76

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

46	35	52	51	19	84	42	05	24	66
60	41	57	95	31	88	72	13	79	28
90	89	77	14	93	44	02	12	37	25
59	15	26	64	47	69	30	34	36	39
01	06	11	63	67	55	80	87	91	78
07	58	38	45	40	98	71	27	92	54
20	62	09	33	86	70	75	74	29	49
10	81	21	03	97	00	04	82	18	73
68	83	23	50	76	22	65	17	99	16
85	48	32	56	61	53	43	96	08	94

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 77

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

42	49	38	47	34	70	99	29	73	76
58	90	60	14	69	48	83	03	98	79
16	56	53	61	13	18	72	80	75	66
62	37	77	21	57	19	04	51	55	94
82	06	25	27	87	11	97	07	26	31
09	33	05	67	17	91	86	40	54	15
45	92	10	28	44	88	81	39	30	12
71	68	64	65	02	36	59	74	32	84
24	43	23	00	50	63	96	93	20	78
41	46	89	35	85	22	52	01	08	95

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 78

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

56	60	64	25	17	37	38	10	04	06
82	98	07	27	78	86	89	36	46	73
92	55	90	53	52	81	26	74	01	34
20	70	23	05	19	29	65	21	48	35
51	62	91	58	69	54	88	61	16	44
95	87	02	75	42	83	08	11	67	68
97	15	71	63	79	77	96	84	30	31
32	00	72	22	14	45	49	80	24	50
09	12	57	03	93	28	18	41	85	76
40	39	99	33	43	59	13	94	47	66

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 80

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

50	78	96	12	91	79	77	94	87	64
66	13	18	19	36	22	49	60	30	16
61	67	52	95	98	70	09	02	85	57
59	51	54	15	62	69	37	41	05	26
23	03	38	99	21	55	76	89	65	48
92	29	20	01	27	73	88	08	83	28
75	47	42	11	82	74	10	32	06	44
81	56	90	17	45	53	80	97	43	72
71	04	84	63	31	86	34	24	46	07
25	93	35	68	33	58	39	00	14	40

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 81

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

79	04	77	22	57	62	30	37	20	45
51	38	05	23	35	87	63	85	34	94
98	76	17	44	12	81	58	07	82	59
69	14	03	90	84	97	78	93	65	28
21	36	55	75	70	25	39	41	89	92
52	54	29	15	08	26	68	11	74	91
95	42	33	00	66	96	83	61	40	27
13	10	18	88	43	72	31	09	24	53
01	80	50	86	64	67	99	02	73	46
48	19	32	71	16	56	47	49	60	06

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 82

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

17	05	83	57	98	87	64	70	13	69
60	55	32	81	94	79	31	25	46	20
97	92	49	73	75	15	29	35	06	62
18	53	84	61	03	82	10	19	85	50
89	30	59	80	88	12	65	66	99	40
52	11	08	24	93	28	76	41	68	90
27	96	00	71	34	54	02	45	77	04
38	58	01	67	63	21	22	36	91	47
72	95	56	14	78	33	23	26	44	39
74	42	51	07	43	48	86	09	16	37

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 83

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

99	52	73	94	65	64	30	93	33	96
04	20	51	80	53	61	48	90	21	62
46	26	22	82	98	95	83	91	10	03
54	17	36	24	34	12	11	32	58	56
15	37	38	29	40	02	44	59	76	07
45	27	66	49	57	70	23	42	68	16
08	67	87	74	01	35	41	77	19	28
72	92	06	63	84	71	14	79	55	13
75	43	97	81	69	86	89	00	09	88
47	50	18	78	39	25	05	85	31	60

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 84

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

96	97	00	27	29	06	71	75	05	65
17	12	78	99	14	93	32	66	88	77
55	42	33	13	34	23	72	35	53	52
59	62	19	57	83	39	11	86	68	70
49	22	24	40	15	07	03	85	46	50
81	44	84	30	67	21	80	18	10	08
48	04	02	63	73	60	87	94	76	47
38	61	92	74	25	95	41	28	69	45
01	54	43	64	90	16	58	26	89	82
98	31	37	79	36	09	56	51	91	20

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 85

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

57	86	55	18	20	34	96	80	97	85
66	04	47	52	92	91	25	35	83	84
71	74	11	39	29	76	61	31	01	24
77	87	23	08	03	36	56	37	68	98
51	22	09	38	62	32	67	41	58	27
19	90	64	88	02	69	99	26	93	10
12	46	75	40	65	94	48	44	06	95
49	81	21	78	50	07	05	70	59	17
63	15	89	43	30	53	79	82	14	00
72	16	45	28	60	54	33	13	73	42

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 86

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

06	85	55	05	28	34	56	15	73	90
61	59	54	53	86	08	20	95	47	89
44	72	71	84	13	18	82	24	11	65
33	76	75	60	43	19	31	74	79	98
99	04	93	88	48	16	37	51	52	03
36	17	02	80	83	07	68	67	69	77
57	40	66	58	25	96	12	49	27	64
50	63	62	94	09	41	78	22	87	30
35	97	81	23	01	91	92	70	32	38
00	21	46	26	45	10	42	14	29	39

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 87

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

29	84	25	68	52	70	46	59	30	18
61	65	49	15	42	50	35	53	90	94
39	04	73	34	81	03	98	23	60	31
27	89	97	74	41	28	78	77	72	96
06	95	48	93	51	76	44	21	88	19
32	26	86	38	12	54	45	79	02	20
64	92	91	13	56	43	80	63	58	17
07	57	05	36	99	71	14	08	22	69
16	75	67	55	00	09	83	62	47	40
87	33	01	82	85	24	11	10	37	66

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 88

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

75	71	26	12	14	57	70	83	11	60
90	77	36	34	17	00	65	81	45	64
98	55	40	43	78	61	37	74	18	25
15	47	68	62	02	67	22	84	16	50
69	54	87	13	08	44	95	79	73	49
30	91	01	56	03	76	63	05	31	09
72	89	85	28	32	58	10	86	21	80
39	41	33	66	48	35	94	19	88	96
97	07	59	93	42	82	24	52	92	29
23	38	53	99	27	06	04	51	20	46

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 89

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

32	10	57	80	44	95	48	54	18	55
23	92	31	37	69	00	16	51	14	01
62	96	66	74	43	52	36	13	25	88
58	38	49	35	21	08	53	02	70	22
41	89	33	83	05	77	26	75	90	06
79	46	81	20	78	94	27	30	04	03
59	29	47	28	64	11	40	73	60	45
15	24	65	93	50	71	09	82	34	98
42	63	61	76	86	07	84	39	19	17
91	67	87	56	72	99	97	85	12	68

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 90

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

24	17	72	27	67	60	98	22	66	16
20	37	83	93	11	77	82	95	06	01
76	21	39	02	90	36	54	29	31	42
14	78	10	28	65	59	87	94	43	45
57	73	58	74	07	13	48	70	56	40
50	26	12	15	84	85	62	88	55	09
41	34	89	86	04	35	49	52	53	80
33	64	51	08	99	38	92	23	00	25
97	79	75	63	91	19	69	71	68	05
18	03	96	46	30	44	47	32	61	81

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 91

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

99	00	32	83	56	14	09	44	94	76
39	21	60	11	08	20	13	85	23	18
65	55	88	79	33	02	45	19	67	10
74	87	51	47	62	26	68	70	72	93
59	91	73	30	34	38	31	52	25	36
98	61	75	41	95	35	78	82	90	49
40	28	04	69	17	43	97	06	81	80
12	22	66	15	63	92	53	50	71	37
48	42	07	89	64	57	24	16	77	05
86	03	01	84	96	27	54	29	46	58

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 92

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

50	16	06	53	10	84	62	35	59	71
64	75	03	11	17	05	86	43	92	25
74	23	97	26	73	98	91	15	61	87
08	01	32	28	51	39	60	20	13	46
56	52	42	90	89	02	68	19	83	12
24	85	54	00	80	88	45	40	96	70
76	36	27	67	63	72	47	41	09	49
31	14	29	38	58	65	79	99	93	34
66	04	78	69	82	22	37	57	33	81
95	48	77	94	18	21	55	07	44	30

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 93

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

29	17	15	57	64	54	98	34	62	80
58	44	82	19	67	22	87	33	43	48
13	47	11	10	66	83	50	70	93	27
28	89	74	55	05	07	61	20	32	60
76	42	96	95	85	24	86	14	36	90
12	78	38	04	51	08	71	06	21	79
37	59	53	88	26	75	40	16	39	99
73	23	52	00	25	41	65	92	31	46
72	03	18	91	45	30	63	81	97	56
77	09	01	49	68	69	94	35	02	84

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 94

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

- Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

14	65	46	94	60	86	19	43	98	04
34	33	00	90	81	15	16	75	05	28
41	01	03	95	23	17	38	74	13	92
73	99	06	91	96	20	84	76	42	83
30	21	53	49	39	44	47	88	59	27
12	71	97	29	37	68	25	57	69	54
89	82	36	09	79	78	31	18	87	64
22	11	62	32	24	77	52	08	26	50
02	56	07	45	72	48	61	80	85	51
63	35	10	70	55	93	40	58	66	67

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 95

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

45	82	86	43	55	38	06	49	30	84
96	31	77	07	66	69	56	11	13	33
81	04	25	03	68	54	18	64	09	90
47	42	24	28	34	23	93	94	75	22
72	36	12	57	95	98	92	51	78	02
48	89	50	58	65	79	10	61	20	99
52	74	41	70	17	63	76	83	59	08
87	35	14	73	39	01	53	26	05	27
62	71	80	85	60	16	32	91	46	15
67	19	97	88	21	44	37	00	29	40

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 96

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

92	28	11	78	79	64	06	59	87	45
14	66	65	31	72	35	58	47	51	91
26	01	62	03	13	74	57	75	02	29
38	54	23	81	53	41	04	17	85	44
96	16	22	21	95	80	48	33	93	97
27	83	18	63	24	50	36	98	10	55
00	30	61	12	09	34	42	52	08	67
49	73	19	07	84	32	86	76	43	88
15	89	69	60	05	39	71	40	82	20
90	77	56	70	37	94	46	68	25	99

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 97

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

36	75	35	21	90	84	74	68	69	72
53	04	00	47	45	20	70	89	26	66
10	33	30	67	06	48	86	41	55	27
52	37	88	91	15	62	57	94	31	38
54	44	50	93	40	32	76	56	97	77
03	28	95	65	12	16	98	61	51	43
83	05	01	64	59	58	49	80	23	07
18	14	11	81	46	63	42	34	09	73
17	02	85	39	22	78	87	79	19	13
60	29	96	99	25	71	24	08	92	82

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 98

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

11	92	54	14	03	74	30	68	48	06
95	47	76	78	79	77	89	87	64	17
19	83	12	21	52	36	32	31	67	46
22	69	04	41	88	07	49	72	75	50
40	42	58	43	34	51	62	26	61	73
70	08	93	60	85	97	38	01	57	98
20	66	27	53	09	00	55	94	86	82
63	16	96	35	10	37	71	65	25	81
45	99	23	13	80	15	33	84	02	91
39	18	29	44	05	28	90	24	59	56

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 99

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: ____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

70	23	28	11	58	45	90	49	06	80
88	72	84	40	04	21	57	79	35	16
98	89	43	56	27	65	96	09	47	00
26	20	39	53	36	37	95	02	62	74
86	99	77	07	67	83	51	17	87	91
05	50	30	54	10	44	08	14	52	59
55	41	33	69	32	63	66	12	31	18
85	29	75	19	61	97	25	34	24	48
93	82	81	03	22	38	76	13	92	78
64	73	68	01	71	42	15	60	94	46

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____

2. _____

Improve Tomorrow:

Gratitude:

PRE-PRACTICE FOCUS SHEET

Day 100

Date: _____ Name: _____

Weight: _____

BODY CHECK

Sleep: _____ hrs

Energy: 1 2 3 4 5

Hydration: Dry OK Ready

BODY MAP

Soreness: _____

Mobility Focus: Hips Shoulders Neck Ankles

TODAY'S INTENT

Technical Focus (One thing):

Effort Focus (One thing):

Team Action (Help/Lead):

Cue Word: Consistent • Persistent • Resilient • Relentless

My Choice: _____

PRE-PRACTICE ROUTINE

Arrive Early RAMP Warmup Breathe (3x) Imagery (3x)

FOCUS GRID CHALLENGE

Find 00-99 in order (30 Seconds)

26	94	84	58	89	01	22	78	75	03
98	50	15	06	86	31	85	19	60	90
59	71	37	47	28	08	80	76	33	29
34	65	88	69	51	99	00	04	70	95
81	79	48	21	96	09	87	93	62	46
83	23	11	27	43	20	77	56	44	24
63	52	66	16	67	49	39	32	12	07
02	13	91	10	14	35	45	05	92	82
36	97	72	53	68	38	55	40	73	54
30	18	74	42	25	61	41	57	64	17

SCORE: _____

POST-PRACTICE REVIEW

Wins (Top 2):

1. _____
2. _____

Improve Tomorrow:

Gratitude: