

8-Week Progress Planner – Week 1

Plan your sessions, keep notes, and review what changed by the end of the week.

Week 1

Skill Focus:

KPI Target:

Session Plan (time, court, drill or match):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Completion / Notes (what improved, what was difficult, key adjustments):

8-Week Progress Planner – Week 2

Plan your sessions, keep notes, and review what changed by the end of the week.

Week 2

Skill Focus:

KPI Target:

Session Plan (time, court, drill or match):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Completion / Notes (what improved, what was difficult, key adjustments):

8-Week Progress Planner – Week 3

Plan your sessions, keep notes, and review what changed by the end of the week.

Week 3

Skill Focus:

KPI Target:

Session Plan (time, court, drill or match):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Completion / Notes (what improved, what was difficult, key adjustments):

8-Week Progress Planner – Week 4

Plan your sessions, keep notes, and review what changed by the end of the week.

Week 4

Skill Focus:

KPI Target:

Session Plan (time, court, drill or match):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Completion / Notes (what improved, what was difficult, key adjustments):

8-Week Progress Planner – Week 5

Plan your sessions, keep notes, and review what changed by the end of the week.

Week 5

Skill Focus:

KPI Target:

Session Plan (time, court, drill or match):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Completion / Notes (what improved, what was difficult, key adjustments):

8-Week Progress Planner – Week 6

Plan your sessions, keep notes, and review what changed by the end of the week.

Week 6

Skill Focus:

KPI Target:

Session Plan (time, court, drill or match):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Completion / Notes (what improved, what was difficult, key adjustments):

8-Week Progress Planner – Week 7

Plan your sessions, keep notes, and review what changed by the end of the week.

Week 7

Skill Focus:

KPI Target:

Session Plan (time, court, drill or match):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Completion / Notes (what improved, what was difficult, key adjustments):

8-Week Progress Planner – Week 8

Plan your sessions, keep notes, and review what changed by the end of the week.

Week 8

Skill Focus:

KPI Target:

Session Plan (time, court, drill or match):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Completion / Notes (what improved, what was difficult, key adjustments):