

# 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:

A horizontal light blue bar representing the duration of the week for skill focus.

KPI Target:

A horizontal light blue bar representing the duration of the week for KPI target.

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



Completion / Notes (what improved, what was difficult, key adjustments):

A large, empty light blue rectangular area intended for users to write their completion notes and observations for the week.

## 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:

A horizontal light blue bar representing the duration of the skill focus for Week 2.

KPI Target:

A horizontal light blue bar representing the duration of the KPI target for Week 2.

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



Completion / Notes (what improved, what was difficult, key adjustments):

A large, empty light blue rectangular area intended for handwritten notes or typed completion/notes.

## 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:

A horizontal light blue bar representing the duration of the skill focus for Week 3.

KPI Target:

A horizontal light blue bar representing the duration of the KPI target for Week 3.

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



Completion / Notes (what improved, what was difficult, key adjustments):

A large, empty light blue rectangular area intended for handwritten notes or typed completion/notes.

## 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:

A horizontal light blue bar representing the duration of the skill focus for Week 4.

KPI Target:

A horizontal light blue bar representing the duration of the KPI target for Week 4.

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



Completion / Notes (what improved, what was difficult, key adjustments):

A large, empty light blue rectangular area intended for users to write their completion notes and observations for the week.

## 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:

A horizontal light blue bar representing the duration of the week for skill focus.

KPI Target:

A horizontal light blue bar representing the duration of the week for KPI target.

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



Completion / Notes (what improved, what was difficult, key adjustments):

A large, empty light blue rectangular area intended for users to write their completion and notes for the week.

## 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:

A horizontal light blue bar representing the duration of the week for skill focus.

KPI Target:

A horizontal light blue bar representing the duration of the week for KPI target.

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



Completion / Notes (what improved, what was difficult, key adjustments):

A large, empty light blue rectangular area intended for handwritten notes or typed completion information.

## 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:

A horizontal light blue bar representing the duration of the week for skill focus.

KPI Target:

A horizontal light blue bar representing the duration of the week for KPI target.

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



Completion / Notes (what improved, what was difficult, key adjustments):

A large, empty light blue rectangular area intended for users to write their completion and notes for the week.

## 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:

A horizontal light blue bar representing the duration of the week for skill focus.

KPI Target:

A horizontal light blue bar representing the duration of the week for KPI target.

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



Completion / Notes (what improved, what was difficult, key adjustments):

A large, empty light blue rectangular area intended for users to write their completion and notes for the week.