

BASIC
SCHEDULE

WAYNE SIMMONDS

by

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EDITOR IN CHIEF

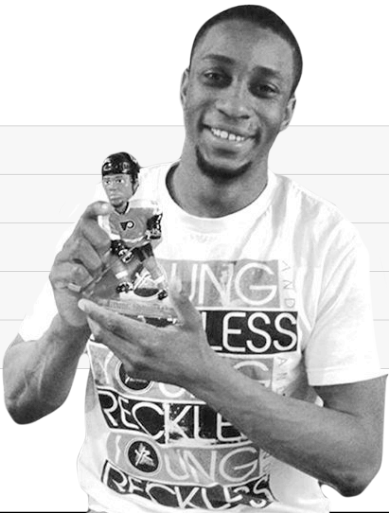
YOUR LEGACY



Sleep
Life
Hockey
Eat
Travel

WAYNE SIMMONDS

Wayne Simmonds started playing in the NHL at age 20. Four years later, he’s the #3 scorer on the Philadelphia Flyers and has played twice for Team Canada. Hard work & balance is how Wayne makes his dream come true.



	M Off Day	T Game Day	W Off Day	T Game Day	F Off Day	S Game Day	S Free Day
8 AM	Wake Up & Prep for Rink Travel to Rink	Wake Up & Prep for Rink Travel to Rink	Wake Up & Prep for Rink Travel to Rink	Wake Up & Prep for Rink Travel to Rink	Wake Up & Prep for Rink Travel to Rink	Wake Up & Prep for Rink Travel to Rink	Free Time
9 AM	Breakfast at Rink Team Meeting	Breakfast at Rink Team Meeting & Warmup	Breakfast at Rink Team Meeting	Breakfast at Rink Team Meeting & Warmup	Breakfast at Rink Team Meeting	Breakfast at Rink Team Meeting & Warmup	
10 AM	Practice	Light Practice Body Maintenance	Practice	Light Practice Body Maintenance	Practice	Light Practice Body Maintenance	
11 AM	Light Workout Lunch	Lunch	Light Workout Lunch	Lunch	Light Workout Lunch	Lunch	
Noon	Body Maintenance Travel Home	Travel Home Relax	Body Maintenance Travel Home	Travel Home Relax	Body Maintenance Travel Home	Travel Home Relax	
1 PM	Free time	Nap	Free time	Nap	Free time	Nap	
2 PM							
3 PM		Prep for Game		Prep for Game		Prep for Game	
4 PM		Travel to Rink Snack at Rink		Travel to Rink Snack at Rink		Travel to Rink Snack at Rink	
5 PM		Team Meeting Pre-Game Ritual		Team Meeting Pre-Game Ritual		Team Meeting Pre-Game Ritual	
6 PM	Dinner	Put on Equipment On Ice Warm-Up	Community work	Put on Equipment On Ice Warm-Up	Dinner	Put on Equipment On Ice Warm-Up	Social
7 PM		NHL Game		NHL Game		NHL Game	
8 PM	Relax time		Dinner		Relax time		
9 PM			Relax time				Bed
10 PM		Warm-Down & Meal Travel Home		Warm-Down & Meal Travel Home		Warm-Down & Meal	
11 PM	Bed	Bed	Bed	Bed	Bed		

GO PRO

“Always remember there’s someone out there working twice as hard as you.

— WAYNE SIMMONDS



Wayne Simmonds got where he is today through not only hard work but careful planning and strategy. We break down all the details behind his every element that makes up his day, his decisions, the balances that he strikes, and how he achieves his goals in Wayne Simmonds' PRO Schedules.

UPGRADE TO THE PRO SCHEDULE NOW!



- + 18 Pages of In Depth Details about what goes into Wayne's Day
- + Wayne's Workout Regime, Favorite Hockey Drills, and a Healthy Brain-Enhancing Burrito Recipe (seriously!)
- + The Raw Data Behind his success visualized to give you the tools to act on his habits.
- + FREE Updates for Life