



## Sports Season *at Home* : Weekly Fitness Events Tracking

Athlete Name: \_\_\_\_\_ Week #: \_\_\_\_\_

Event Name	Sunday Count/Time	Monday Count/Time	Tuesday Count/Time	Wednesday Count/Time	Thursday Count/Time	Friday Count/Time	Saturday Count/Time	My BEST Score from this week

**Please practice each event at least 3 times per week to track your progress!**  
**Be sure to circle your top score from each week. You do not have to do the exercises every day.**

**When you complete your tracking pages, please send back to your coach.**