

BOUNCE



PRACTICE PLANNER

A GAME PLAN FOR SUCCESS: Those who intentionally plan are successful more often than those who don't. By planning your exercise schedule, you become accountable to making healthy choices. Complete this planner each week of the challenge. Once you have completed it, record your points on your scorecard. You can earn 3 points a week for planning your workouts. You don't need to workout every day to earn the points. You can either print this form and fill out the hard copy, or directly enter your information on the PDF file and save it to you computer.

	ACTIVITY	TIME OF DAY	COMPLETED
DAY 1	_____	_____	<input type="checkbox"/>
DAY 2	_____	_____	<input type="checkbox"/>
DAY 3	_____	_____	<input type="checkbox"/>
DAY 4	_____	_____	<input type="checkbox"/>
DAY 5	_____	_____	<input type="checkbox"/>
DAY 6	_____	_____	<input type="checkbox"/>
DAY 7	_____	_____	<input type="checkbox"/>

**REMEMBER TO COMPLETE A NEW
PRACTICE PLAN AND RECORD
YOUR POINTS EACH WEEK!**