

# DAY 1

## Pre-PGC Prep Workout

STRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
<b>1 GLUTE MEDIUS (EACH LEG)</b>			
Leg Raises	8, 10 or 12	Standard	<input type="checkbox"/>
Forward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Backward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Forward & Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Forward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Bicycle Pedals	8, 10 or 12	Standard	<input type="checkbox"/>
<b>2 J-CURLS</b>	20	Standard	<input type="checkbox"/>
<b>3 JUMP SQUATS</b>	20	Standard	<input type="checkbox"/>

BALL CONTROL	REPS	LEVEL	COMPLETED
<b>4 RIP 30</b>			
With No Dribbles	10	Standard	<input type="checkbox"/>
With Pound Dribbles	10	Standard	<input type="checkbox"/>
With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>
<b>5 HIPS</b>	30 Seconds	Standard	<input type="checkbox"/>
<b>6 SQUARE-V</b>	30 Seconds	Standard	<input type="checkbox"/>

BODY CONTROL	REPS	LEVEL	COMPLETED
<b>7 SPIN PIVOT 1-2 GROOVE</b>			
Pull-ups to the Right	10 Makes	Advanced	<input type="checkbox"/>
Pull-ups to the Left	10 Makes	Advanced	<input type="checkbox"/>
<b>8 SPIN PIVOT REVERSE</b>			
Right-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
Left-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>

SHOOTING	REPS	LEVEL	MAKES
<b>9 SWISH SHOTS</b>	10	Standard	_____
<b>10 52 POINT DRILL</b>			
Spot-Up 3-Pointer	5	Standard	_____
Pull-up Jumper Right	5	Standard	_____
Pull-up Jumper Left	5	Standard	_____
Spot-up 3-Pointer	5	Standard	_____

OPTIONAL CARDIO	REPS	LEVEL	RESULTS
<b>11 DISTANCE RUN</b>	10 Minutes	Standard	_____ Miles
<b>12 SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps

### RESULTS

Challenge	Task	Your Score
<i>Add</i>		
Training	Workout completed (+1 pt for each exercise - 12 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
<i>Subtract</i>		
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:**

### REFLECTION

- List three things you think you did well today:
  - 1-
  - 2-
  - 3-
- List two things you'd like to improve on tomorrow:
  - 1-
  - 2-
- List three things you're thankful for today:
  - 1-
  - 2-
  - 3-

# DAY 2

## Pre-PGC Prep Workout

	CORE STRENGTH	REPS	LEVEL	COMPLETED
1	<b>BALL BRIDGE</b>	30 Seconds	Standard	<input type="checkbox"/>
2	<b>100 BALL CORE</b>	100	Standard	<input type="checkbox"/>

	BALL CONTROL	REPS	LEVEL	COMPLETED
3	<b>RIP 30</b>			
	With No Dribbles	10	Standard	<input type="checkbox"/>
	With Pound Dribbles	10	Standard	<input type="checkbox"/>
	With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>

4	<b>ALL-STAR</b>	60 Seconds		
	Cross-Overs	50	Standard	<input type="checkbox"/>
	V-Side Right	50	Standard	<input type="checkbox"/>
	Behind the Back	50	Standard	<input type="checkbox"/>
	V-Side Left	50	Standard	<input type="checkbox"/>
5	<b>TWO-BALL POUND</b>	30 Seconds	Standard	<input type="checkbox"/>

	BODY CONTROL	REPS	LEVEL	COMPLETED
6	<b>SPIN PIVOT REVERSE</b>			
	Right-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
	Left-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
7	<b>DYNAMIC JUMP STOPS</b>			
	Attacking from the Right	10 Makes	Advanced	<input type="checkbox"/>
	Attacking from the Left	10 Makes	Advanced	<input type="checkbox"/>

	SHOOTING	REPS	LEVEL	MAKES
8	<b>SWISH SHOTS</b>	10	Standard	_____
9	<b>CARDIO 10</b>	10 Minutes		
	Mikan Lay-ups	10 Makes	Standard	_____
	Pivot Jumpers	10 Makes	Standard	_____
	Groove Jumpers	10 Makes	Standard	_____
	Step-Back Jumpers	10 Makes	Advanced	_____
	Airborne 3-Pointers	10 Makes	Standard	_____
	One-Foot Move 3-Pointers	10 Makes	Standard	_____
	NBA 3-Pointers	10 Makes	Advanced	_____

	OPTIONAL CARDIO	REPS	LEVEL	RESULTS
10	<b>SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps
11	<b>10 SPRINTS</b>	5 Seconds Each	Standard	_____ Sprints

### RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 11 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:**

### REFLECTION

1. List three things you think you did well today:

1-

2-

3-

2. List two things you'd like to improve on tomorrow:

1-

2-

3. List three things you're thankful for today:

1-

2-

3-

# DAY 3

## Pre-PGC Prep Workout

STRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
<b>1 GLUTE MEDIUS (EACH LEG)</b>			
Leg Raises	8, 10 or 12	Standard	<input type="checkbox"/>
Forward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Backward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Forward & Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Forward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Bicycle Pedals	8, 10 or 12	Standard	<input type="checkbox"/>
<b>2 J-CURLS</b>	20	Standard	<input type="checkbox"/>
<b>3 JUMP SQUATS</b>	20	Standard	<input type="checkbox"/>

BALL CONTROL	REPS	LEVEL	COMPLETED
<b>4 RIP 30</b>			
With No Dribbles	10	Standard	<input type="checkbox"/>
With Pound Dribbles	10	Standard	<input type="checkbox"/>
With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>
<b>5 HIPS</b>	30 Seconds	Standard	<input type="checkbox"/>
<b>6 SQUARE-V</b>	30 Seconds	Standard	<input type="checkbox"/>

BODY CONTROL	REPS	LEVEL	COMPLETED
<b>7 SPIN PIVOT 1-2 GROOVE</b>			
Pull-ups to the Right	10 Makes	Advanced	<input type="checkbox"/>
Pull-ups to the Left	10 Makes	Advanced	<input type="checkbox"/>
<b>8 SPIN PIVOT REVERSE</b>			
Right-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
Left-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>

SHOOTING	REPS	LEVEL	MAKES
<b>9 SWISH SHOTS</b>	10	Standard	_____
<b>10 52 POINT DRILL</b>			
Spot-Up 3-Pointer	5	Standard	_____
Pull-up Jumper Right	5	Standard	_____
Pull-up Jumper Left	5	Standard	_____
Spot-up 3-Pointer	5	Standard	_____

OPTIONAL CARDIO	REPS	LEVEL	RESULTS
<b>11 DISTANCE RUN</b>	10 Minutes	Standard	_____ Miles
<b>12 SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps

### RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 12 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:**

### REFLECTION

1. List three things you think you did well today:

- 1-
- 2-
- 3-

2. List two things you'd like to improve on tomorrow:

- 1-
- 2-

3. List three things you're thankful for today:

- 1-
- 2-
- 3-

# DAY 4

## Pre-PGC Prep Workout

	CORE STRENGTH	REPS	LEVEL	COMPLETED
1	<b>BALL BRIDGE</b>	30 Seconds	Standard	<input type="checkbox"/>
2	<b>100 BALL CORE</b>	100	Standard	<input type="checkbox"/>

	BALL CONTROL	REPS	LEVEL	COMPLETED
3	<b>RIP 30</b>			
	With No Dribbles	10	Standard	<input type="checkbox"/>
	With Pound Dribbles	10	Standard	<input type="checkbox"/>
	With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>

4	<b>ALL-STAR</b>	60 Seconds		
	Cross-Overs	50	Standard	<input type="checkbox"/>
	V-Side Right	50	Standard	<input type="checkbox"/>
	Behind the Back	50	Standard	<input type="checkbox"/>
	V-Side Left	50	Standard	<input type="checkbox"/>
5	<b>TWO-BALL POUND</b>	30 Seconds	Standard	<input type="checkbox"/>

	BODY CONTROL	REPS	LEVEL	COMPLETED
6	<b>SPIN PIVOT REVERSE</b>			
	Right-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
	Left-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
7	<b>DYNAMIC JUMP STOPS</b>			
	Attacking from the Right	10 Makes	Advanced	<input type="checkbox"/>
	Attacking from the Left	10 Makes	Advanced	<input type="checkbox"/>

	SHOOTING	REPS	LEVEL	MAKES
8	<b>SWISH SHOTS</b>	10	Standard	_____
9	<b>CARDIO 10</b>	10 Minutes		
	Mikan Lay-ups	10 Makes	Standard	_____
	Pivot Jumpers	10 Makes	Standard	_____
	Groove Jumpers	10 Makes	Standard	_____
	Step-Back Jumpers	10 Makes	Advanced	_____
	Airborne 3-Pointers	10 Makes	Standard	_____
	One-Foot Move 3-Pointers	10 Makes	Standard	_____
	NBA 3-Pointers	10 Makes	Advanced	_____

	OPTIONAL CARDIO	REPS	LEVEL	RESULTS
10	<b>SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps
11	<b>10 SPRINTS</b>	5 Seconds Each	Standard	_____ Sprints

### RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 11 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:** \_\_\_\_\_

### REFLECTION

- List three things you think you did well today:
  - 1-
  - 2-
  - 3-
- List two things you'd like to improve on tomorrow:
  - 1-
  - 2-
- List three things you're thankful for today:
  - 1-
  - 2-
  - 3-

# DAY 5

## Pre-PGC Prep Workout

STRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
<b>1 GLUTE MEDIUS (EACH LEG)</b>			
Leg Raises	8, 10 or 12	Standard	<input type="checkbox"/>
Forward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Backward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Forward & Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Forward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Bicycle Pedals	8, 10 or 12	Standard	<input type="checkbox"/>
<b>2 J-CURLS</b>	20	Standard	<input type="checkbox"/>
<b>3 JUMP SQUATS</b>	20	Standard	<input type="checkbox"/>

BALL CONTROL	REPS	LEVEL	COMPLETED
<b>4 RIP 30</b>			
With No Dribbles	10	Standard	<input type="checkbox"/>
With Pound Dribbles	10	Standard	<input type="checkbox"/>
With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>
<b>5 HIPS</b>	30 Seconds	Standard	<input type="checkbox"/>
<b>6 SQUARE-V</b>	30 Seconds	Standard	<input type="checkbox"/>

BODY CONTROL	REPS	LEVEL	COMPLETED
<b>7 SPIN PIVOT 1-2 GROOVE</b>			
Pull-ups to the Right	10 Makes	Advanced	<input type="checkbox"/>
Pull-ups to the Left	10 Makes	Advanced	<input type="checkbox"/>
<b>8 SPIN PIVOT REVERSE</b>			
Right-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
Left-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>

SHOOTING	REPS	LEVEL	MAKES
<b>9 SWISH SHOTS</b>	10	Standard	_____
<b>10 52 POINT DRILL</b>			
Spot-Up 3-Pointer	5	Standard	_____
Pull-up Jumper Right	5	Standard	_____
Pull-up Jumper Left	5	Standard	_____
Spot-up 3-Pointer	5	Standard	_____

OPTIONAL CARDIO	REPS	LEVEL	RESULTS
<b>11 DISTANCE RUN</b>	10 Minutes	Standard	_____ Miles
<b>12 SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps

### RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 12 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:**

### REFLECTION

1. List three things you think you did well today:

- 1-
- 2-
- 3-

2. List two things you'd like to improve on tomorrow:

- 1-
- 2-

3. List three things you're thankful for today:

- 1-
- 2-
- 3-

# DAY 6

## Pre-PGC Prep Workout

	CORE STRENGTH	REPS	LEVEL	COMPLETED
1	<b>BALL BRIDGE</b>	30 Seconds	Standard	<input type="checkbox"/>
2	<b>100 BALL CORE</b>	100	Standard	<input type="checkbox"/>

	BALL CONTROL	REPS	LEVEL	COMPLETED
3	<b>RIP 30</b>			
	With No Dribbles	10	Standard	<input type="checkbox"/>
	With Pound Dribbles	10	Standard	<input type="checkbox"/>
	With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>

4	<b>ALL-STAR</b>	60 Seconds		
	Cross-Overs	50	Standard	<input type="checkbox"/>
	V-Side Right	50	Standard	<input type="checkbox"/>
	Behind the Back	50	Standard	<input type="checkbox"/>
	V-Side Left	50	Standard	<input type="checkbox"/>
5	<b>TWO-BALL POUND</b>	30 Seconds	Standard	<input type="checkbox"/>

	BODY CONTROL	REPS	LEVEL	COMPLETED
6	<b>SPIN PIVOT REVERSE</b>			
	Right-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
	Left-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
7	<b>DYNAMIC JUMP STOPS</b>			
	Attacking from the Right	10 Makes	Advanced	<input type="checkbox"/>
	Attacking from the Left	10 Makes	Advanced	<input type="checkbox"/>

	SHOOTING	REPS	LEVEL	MAKES
8	<b>SWISH SHOTS</b>	10	Standard	_____
9	<b>CARDIO 10</b>	10 Minutes		
	Mikan Lay-ups	10 Makes	Standard	_____
	Pivot Jumpers	10 Makes	Standard	_____
	Groove Jumpers	10 Makes	Standard	_____
	Step-Back Jumpers	10 Makes	Advanced	_____
	Airborne 3-Pointers	10 Makes	Standard	_____
	One-Foot Move 3-Pointers	10 Makes	Standard	_____
	NBA 3-Pointers	10 Makes	Advanced	_____

	OPTIONAL CARDIO	REPS	LEVEL	RESULTS
10	<b>SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps
11	<b>10 SPRINTS</b>	5 Seconds Each	Standard	_____ Sprints

### RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 11 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:**

### REFLECTION

1. List three things you think you did well today:

1-

2-

3-

2. List two things you'd like to improve on tomorrow:

1-

2-

3. List three things you're thankful for today:

1-

2-

3-

# DAY 7

## Pre-PGC Prep Workout

STRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
<b>1 GLUTE MEDIUS (EACH LEG)</b>			
Leg Raises	8, 10 or 12	Standard	<input type="checkbox"/>
Forward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Backward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Forward & Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Forward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Bicycle Pedals	8, 10 or 12	Standard	<input type="checkbox"/>
<b>2 J-CURLS</b>	20	Standard	<input type="checkbox"/>
<b>3 JUMP SQUATS</b>	20	Standard	<input type="checkbox"/>

BALL CONTROL	REPS	LEVEL	COMPLETED
<b>4 RIP 30</b>			
With No Dribbles	10	Standard	<input type="checkbox"/>
With Pound Dribbles	10	Standard	<input type="checkbox"/>
With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>
<b>5 HIPS</b>	30 Seconds	Standard	<input type="checkbox"/>
<b>6 SQUARE-V</b>	30 Seconds	Standard	<input type="checkbox"/>

BODY CONTROL	REPS	LEVEL	COMPLETED
<b>7 SPIN PIVOT 1-2 GROOVE</b>			
Pull-ups to the Right	10 Makes	Advanced	<input type="checkbox"/>
Pull-ups to the Left	10 Makes	Advanced	<input type="checkbox"/>
<b>8 SPIN PIVOT REVERSE</b>			
Right-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
Left-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>

SHOOTING	REPS	LEVEL	MAKES
<b>9 SWISH SHOTS</b>	10	Standard	_____
<b>10 52 POINT DRILL</b>			
Spot-Up 3-Pointer	5	Standard	_____
Pull-up Jumper Right	5	Standard	_____
Pull-up Jumper Left	5	Standard	_____
Spot-up 3-Pointer	5	Standard	_____

OPTIONAL CARDIO	REPS	LEVEL	RESULTS
<b>11 DISTANCE RUN</b>	10 Minutes	Standard	_____ Miles
<b>12 SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps

### RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 12 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:**

### REFLECTION

1. List three things you think you did well today:

- 1-
- 2-
- 3-

2. List two things you'd like to improve on tomorrow:

- 1-
- 2-

3. List three things you're thankful for today:

- 1-
- 2-
- 3-

# DAY 8

## Pre-PGC Prep Workout

	CORE STRENGTH	REPS	LEVEL	COMPLETED
1	<b>BALL BRIDGE</b>	30 Seconds	Standard	<input type="checkbox"/>
2	<b>100 BALL CORE</b>	100	Standard	<input type="checkbox"/>

	BALL CONTROL	REPS	LEVEL	COMPLETED
3	<b>RIP 30</b>			
	With No Dribbles	10	Standard	<input type="checkbox"/>
	With Pound Dribbles	10	Standard	<input type="checkbox"/>
	With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>

4	<b>ALL-STAR</b>	60 Seconds		
	Cross-Overs	50	Standard	<input type="checkbox"/>
	V-Side Right	50	Standard	<input type="checkbox"/>
	Behind the Back	50	Standard	<input type="checkbox"/>
	V-Side Left	50	Standard	<input type="checkbox"/>
5	<b>TWO-BALL POUND</b>	30 Seconds	Standard	<input type="checkbox"/>

	BODY CONTROL	REPS	LEVEL	COMPLETED
6	<b>SPIN PIVOT REVERSE</b>			
	Right-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
	Left-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
7	<b>DYNAMIC JUMP STOPS</b>			
	Attacking from the Right	10 Makes	Advanced	<input type="checkbox"/>
	Attacking from the Left	10 Makes	Advanced	<input type="checkbox"/>

	SHOOTING	REPS	LEVEL	MAKES
8	<b>SWISH SHOTS</b>	10	Standard	_____
9	<b>CARDIO 10</b>	10 Minutes		
	Mikan Lay-ups	10 Makes	Standard	_____
	Pivot Jumpers	10 Makes	Standard	_____
	Groove Jumpers	10 Makes	Standard	_____
	Step-Back Jumpers	10 Makes	Advanced	_____
	Airborne 3-Pointers	10 Makes	Standard	_____
	One-Foot Move 3-Pointers	10 Makes	Standard	_____
	NBA 3-Pointers	10 Makes	Advanced	_____

	OPTIONAL CARDIO	REPS	LEVEL	RESULTS
10	<b>SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps
11	<b>10 SPRINTS</b>	5 Seconds Each	Standard	_____ Sprints

### RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 11 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:** \_\_\_\_\_

### REFLECTION

- List three things you think you did well today:
  - 1-
  - 2-
  - 3-
- List two things you'd like to improve on tomorrow:
  - 1-
  - 2-
- List three things you're thankful for today:
  - 1-
  - 2-
  - 3-



# DAY 9

## Pre-PGC Prep Workout

STRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
<b>1 GLUTE MEDIUS (EACH LEG)</b>			
Leg Raises	8, 10 or 12	Standard	<input type="checkbox"/>
Forward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Backward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Forward & Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Forward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Bicycle Pedals	8, 10 or 12	Standard	<input type="checkbox"/>
<b>2 J-CURLS</b>	20	Standard	<input type="checkbox"/>
<b>3 JUMP SQUATS</b>	20	Standard	<input type="checkbox"/>

BALL CONTROL	REPS	LEVEL	COMPLETED
<b>4 RIP 30</b>			
With No Dribbles	10	Standard	<input type="checkbox"/>
With Pound Dribbles	10	Standard	<input type="checkbox"/>
With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>
<b>5 HIPS</b>	30 Seconds	Standard	<input type="checkbox"/>
<b>6 SQUARE-V</b>	30 Seconds	Standard	<input type="checkbox"/>

BODY CONTROL	REPS	LEVEL	COMPLETED
<b>7 SPIN PIVOT 1-2 GROOVE</b>			
Pull-ups to the Right	10 Makes	Advanced	<input type="checkbox"/>
Pull-ups to the Left	10 Makes	Advanced	<input type="checkbox"/>
<b>8 SPIN PIVOT REVERSE</b>			
Right-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
Left-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>

SHOOTING	REPS	LEVEL	MAKES
<b>9 SWISH SHOTS</b>	10	Standard	_____
<b>10 52 POINT DRILL</b>			
Spot-Up 3-Pointer	5	Standard	_____
Pull-up Jumper Right	5	Standard	_____
Pull-up Jumper Left	5	Standard	_____
Spot-up 3-Pointer	5	Standard	_____

OPTIONAL CARDIO	REPS	LEVEL	RESULTS
<b>11 DISTANCE RUN</b>	10 Minutes	Standard	_____ Miles
<b>12 SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps

### RESULTS

Challenge	Task	Your Score
<i>Add</i>		
Training	Workout completed (+1 pt for each exercise - 12 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
<i>Subtract</i>		
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:**

### REFLECTION

1. List three things you think you did well today:

- 1-
- 2-
- 3-

2. List two things you'd like to improve on tomorrow:

- 1-
- 2-

3. List three things you're thankful for today:

- 1-
- 2-
- 3-

# DAY 10

## Pre-PGC Prep Workout

CORE STRENGTH	REPS	LEVEL	COMPLETED
1 BALL BRIDGE	30 Seconds	Standard	<input type="checkbox"/>
2 100 BALL CORE	100	Standard	<input type="checkbox"/>
BALL CONTROL	REPS	LEVEL	COMPLETED
3 RIP 30			
With No Dribbles	10	Standard	<input type="checkbox"/>
With Pound Dribbles	10	Standard	<input type="checkbox"/>
With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>
4 ALL-STAR	60 Seconds		
Cross-Overs	50	Standard	<input type="checkbox"/>
V-Side Right	50	Standard	<input type="checkbox"/>
Behind the Back	50	Standard	<input type="checkbox"/>
V-Side Left	50	Standard	<input type="checkbox"/>
5 TWO-BALL POUND	30 Seconds	Standard	<input type="checkbox"/>
BODY CONTROL	REPS	LEVEL	COMPLETED
6 SPIN PIVOT REVERSE			
Right-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
Left-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
7 DYNAMIC JUMP STOPS			
Attacking from the Right	10 Makes	Advanced	<input type="checkbox"/>
Attacking from the Left	10 Makes	Advanced	<input type="checkbox"/>
SHOOTING	REPS	LEVEL	MAKES
8 SWISH SHOTS	10	Standard	_____
9 CARDIO 10	10 Minutes		
Mikan Lay-ups	10 Makes	Standard	_____
Pivot Jumpers	10 Makes	Standard	_____
Groove Jumpers	10 Makes	Standard	_____
Step-Back Jumpers	10 Makes	Advanced	_____
Airborne 3-Pointers	10 Makes	Standard	_____
One-Foot Move 3-Pointers	10 Makes	Standard	_____
NBA 3-Pointers	10 Makes	Advanced	_____
OPTIONAL CARDIO	REPS	LEVEL	RESULTS
10 SKIP ROPE	2 Minutes	Standard	_____ Jumps
11 10 SPRINTS	5 Seconds Each	Standard	_____ Sprints

### RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 11 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:** \_\_\_\_\_

### REFLECTION

1. List three things you think you did well today:

1-

2-

3-

2. List two things you'd like to improve on tomorrow:

1-

2-

3. List three things you're thankful for today:

1-

2-

3-

# BONUS DAY #1

## Pre-PGC Prep Workout

STRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
<b>1 GLUTE MEDIUS (EACH LEG)</b>			
Leg Raises	8, 10 or 12	Standard	<input type="checkbox"/>
Forward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Backward 45	8, 10 or 12	Standard	<input type="checkbox"/>
Forward & Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Forward	8, 10 or 12	Standard	<input type="checkbox"/>
Circles Backward	8, 10 or 12	Standard	<input type="checkbox"/>
Bicycle Pedals	8, 10 or 12	Standard	<input type="checkbox"/>
<b>2 J-CURLS</b>	20	Standard	<input type="checkbox"/>
<b>3 JUMP SQUATS</b>	20	Standard	<input type="checkbox"/>

BALL CONTROL	REPS	LEVEL	COMPLETED
<b>4 RIP 30</b>			
With No Dribbles	10	Standard	<input type="checkbox"/>
With Pound Dribbles	10	Standard	<input type="checkbox"/>
With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>
<b>5 HIPS</b>	30 Seconds	Standard	<input type="checkbox"/>
<b>6 SQUARE-V</b>	30 Seconds	Standard	<input type="checkbox"/>

BODY CONTROL	REPS	LEVEL	COMPLETED
<b>7 SPIN PIVOT 1-2 GROOVE</b>			
Pull-ups to the Right	10 Makes	Advanced	<input type="checkbox"/>
Pull-ups to the Left	10 Makes	Advanced	<input type="checkbox"/>
<b>8 SPIN PIVOT REVERSE</b>			
Right-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
Left-side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>

SHOOTING	REPS	LEVEL	MAKES
<b>9 SWISH SHOTS</b>	10	Standard	_____
<b>10 52 POINT DRILL</b>			
Spot-Up 3-Pointer	5	Standard	_____
Pull-up Jumper Right	5	Standard	_____
Pull-up Jumper Left	5	Standard	_____
Spot-up 3-Pointer	5	Standard	_____

OPTIONAL CARDIO	REPS	LEVEL	RESULTS
<b>11 DISTANCE RUN</b>	10 Minutes	Standard	_____ Miles
<b>12 SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps

### RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 12 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:**

### REFLECTION

- List three things you think you did well today:
  - 1-
  - 2-
  - 3-
- List two things you'd like to improve on tomorrow:
  - 1-
  - 2-
- List three things you're thankful for today:
  - 1-
  - 2-
  - 3-

# BONUS DAY #2

## Pre-PGC Prep Workout

	CORE STRENGTH	REPS	LEVEL	COMPLETED
1	<b>BALL BRIDGE</b>	30 Seconds	Standard	<input type="checkbox"/>
2	<b>100 BALL CORE</b>	100	Standard	<input type="checkbox"/>

	BALL CONTROL	REPS	LEVEL	COMPLETED
3	<b>RIP 30</b>			
	With No Dribbles	10	Standard	<input type="checkbox"/>
	With Pound Dribbles	10	Standard	<input type="checkbox"/>
	With Dynamic Jump Stop	10	Standard	<input type="checkbox"/>

4	<b>ALL-STAR</b>	60 Seconds		
	Cross-Overs	50	Standard	<input type="checkbox"/>
	V-Side Right	50	Standard	<input type="checkbox"/>
	Behind the Back	50	Standard	<input type="checkbox"/>
	V-Side Left	50	Standard	<input type="checkbox"/>
5	<b>TWO-BALL POUND</b>	30 Seconds	Standard	<input type="checkbox"/>

	BODY CONTROL	REPS	LEVEL	COMPLETED
6	<b>SPIN PIVOT REVERSE</b>			
	Right-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
	Left-Side Lay-ups	10 Makes	Advanced	<input type="checkbox"/>
7	<b>DYNAMIC JUMP STOPS</b>			
	Attacking from the Right	10 Makes	Advanced	<input type="checkbox"/>
	Attacking from the Left	10 Makes	Advanced	<input type="checkbox"/>

	SHOOTING	REPS	LEVEL	MAKES
8	<b>SWISH SHOTS</b>	10	Standard	_____
9	<b>CARDIO 10</b>	10 Minutes		
	Mikan Lay-ups	10 Makes	Standard	_____
	Pivot Jumpers	10 Makes	Standard	_____
	Groove Jumpers	10 Makes	Standard	_____
	Step-Back Jumpers	10 Makes	Advanced	_____
	Airborne 3-Pointers	10 Makes	Standard	_____
	One-Foot Move 3-Pointers	10 Makes	Standard	_____
	NBA 3-Pointers	10 Makes	Advanced	_____

	OPTIONAL CARDIO	REPS	LEVEL	RESULTS
10	<b>SKIP ROPE</b>	2 Minutes	Standard	_____ Jumps
11	<b>10 SPRINTS</b>	5 Seconds Each	Standard	_____ Sprints

## RESULTS

Challenge	Task	Your Score
		<i>Add</i>
Training	Workout completed (+1 pt for each exercise - 11 pts max)	_____
Training	Optional cardio workouts (+2 points for each exercise)	_____
Hydration	# of water bottles consumed	_____
Sleep	# of hours slept	_____
Food	# of fresh fruits eaten	_____
Food	# of servings of vegetables eaten	_____
Reflection	Reflection section completed (+2 points)	_____
		<i>Subtract</i>
Hydration	# of unhealthy drinks consumed (-2 per drink)	_____
Sleep	Technology on within 20 min before bed (-2 points)	_____

**Your Score for the Day:**

## REFLECTION

1. List three things you think you did well today:

1-

2-

3-

2. List two things you'd like to improve on tomorrow:

1-

2-

3. List three things you're thankful for today:

1-

2-

3-