DAY 1 Pre-PGC Prep Workout

STRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
GLUTE MEDIUS (EACH LEG)		
Leg Raises	8, 10 or 12	Standard	
Forward 45	8, 10 or 12	Standard	
Backward 45	8, 10 or 12	Standard	
Forward & Backward	8, 10 or 12	Standard	
Circles Forward	8, 10 or 12	Standard	
Circles Backward	8, 10 or 12	Standard	
Bicycle Pedals	8, 10 or 12	Standard	
J-CURLS	20	Standard	
JUMP SQUATS	20	Standard	
BALL CONTROL	REPS	LEVEL	COMPLETED
RIP 30			
With No Dribbles	10	Standard	
With Pound Dribbles	10	Standard	
With Dynamic Jump Stop	10	Standard	
HIPS	30 Seconds	Standard	
SQUARE-V	30 Seconds	Standard	
BODY CONTROL	REPS	LEVEL	COMPLETED
SPIN PIVOT 1-2 GROOVE			
Pull-ups to the Right	10 Makes	Advanced	
Pull-ups to the Left	10 Makes	Advanced	
SPIN PIVOT REVERSE			
Right-side Lay-ups	10 Makes	Advanced	
Left-side Lay-ups	10 Makes	Advanced	
SHOOTING	REPS	LEVEL	MAKES
SWISH SHOTS	10	Standard	
52 POINT DRILL			
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
DISTANCE RUN	10 Minutes	Standard	Mil
SKIP ROPE	2 Minutes	Standard	Jun

Challenge Task Your Score Add 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)				
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 servings of vegetables eaten Reflection Reflection section completed (+2 points) Subtract Hydration # of unhealthy drinks consumed (-2 per drink) Sleep Technology on within 20 min before bed (-2 points) Your Score for the Day:	RESULTS	Tack	Your	Score
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 servings of vegetables eaten Reflection Reflection section completed (+2 points) Subtract Hydration # of unhealthy drinks consumed (-2 per drink) Sleep Technology on within 20 min before bed (-2 points) Your Score for the Day:	Chanenge	lask	Tour	30016
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 servings of vegetables eaten Reflection Reflection section completed (+2 points) Subtract 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:				Add
(+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) Subtract 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:	Training)r	
Sleep # of hours slept Food # of fresh fruits eaten Food # of servings of vegetables eaten Reflection Reflection section completed (+2 points) Subtract 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:	Training			
Food # of fresh fruits eaten Food # of servings of vegetables eaten Reflection Reflection section completed (+2 points) Subtract 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:	Hydration	# of water bottles consumed		
Food # of servings of vegetables eaten Reflection Reflection section completed (+2 points) Subtract 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:	Sleep	# of hours slept		
Reflection Reflection section completed (+2 points) Subtract 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:	Food	# of fresh fruits eaten		
(+2 points) Subtract 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:	Food	# of servings of vegetables ea	aten	
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:	Reflection		Ł	
(-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:				Subtrac
Your Score for the Day: REFLECTION List three things you think you did well today:	Hydration		ned	
REFLECTION List three things you think you did well today:	Sleep		1	
List three things you think you did well today:	Your Sco	re for the Day:		
List three things you think you did well today:				
,	REFLECTI	ON		
,	. List three th	nings you think you did we	ll toda	y:
	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 2 Pre-PGC Prep Workout

	CORE STRENGTH	REPS	LEVEL	COMPLETED
1	BALL BRIDGE	30 Seconds	Standard	
2	100 BALL CORE	100	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
3	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
4	ALL-STAR	60 Seconds		
	Cross-Overs	50	Standard	
	V-Side Right	50	Standard	
	Behind the Back	50	Standard	
	V-Side Left	50	Standard	
5	TWO-BALL POUND	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
6	SPIN PIVOT REVERSE			
	Right-Side Lay-ups	10 Makes	Advanced	
	Left-Side Lay-ups	10 Makes	Advanced	
7	DYNAMIC JUMP STOPS			
	Attacking from the Right	10 Makes	Advanced	
	Attacking from the Left	10 Makes	Advanced	
	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-Pointer	s 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	Sprint

Challenge	Task You	ur Score
		Add
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)	
		Subtrac
Hydration	# of unhealthy drinks consumed (-2 per drink)	
Sleep	Technology on within 20 min before bed (-2 points)	
Your Sco	re for the Day:	

- 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
1	GLUTE MEDIUS (EACH LEG)		
	Leg Raises	8, 10 or 12	Standard	
	Forward 45	8, 10 or 12	Standard	
	Backward 45	8, 10 or 12	Standard	
	Forward & Backward	8, 10 or 12	Standard	
	Circles Forward	8, 10 or 12	Standard	
	Circles Backward	8, 10 or 12	Standard	
	Bicycle Pedals	8, 10 or 12	Standard	
2	J-CURLS	20	Standard	
3	JUMP SQUATS	20	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
4	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
5	HIPS	30 Seconds	Standard	
6	SQUARE-V	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
7	SPIN PIVOT 1-2 GROOVE			
	Pull-ups to the Right	10 Makes	Advanced	
	Pull-ups to the Left	10 Makes	Advanced	
8	SPIN PIVOT REVERSE			
	Right-side Lay-ups	10 Makes	Advanced	
	Left-side Lay-ups	10 Makes	Advanced	
	SHOOTING	REPS	LEVEL	MAKES
9	SWISH SHOTS	10	Standard	
10	52 POINT DRILL			
	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
11	DISTANCE RUN	10 Minutes	Standard	Miles
12	SKIP ROPE	2 Minutes	Standard	Jump

RESULTS		
Challenge	Task Y	our Score
		Add
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 eate	 en
Reflection	Reflection section completed (+2 points)	
		Subtract
Hydration	# of unhealthy drinks consume (-2 per drink)	d
Sleep	Technology on within 20 min before bed (-2 points)	
Your Sco	re for the Day:	
REFLECTI	ON	
1. List three th	nings you think you did well t	oday:
1-		
2-		

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

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



3-

1-

2-

1-

2-3-

DAY 4 Pre-PGC Prep Workout

	CORE STRENGTH	REPS	LEVEL	COMPLETED
1	BALL BRIDGE	30 Seconds	Standard	
2	100 BALL CORE	100	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
3	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
4	ALL-STAR	60 Seconds		
	Cross-Overs	50	Standard	
	V-Side Right	50	Standard	
	Behind the Back	50	Standard	
	V-Side Left	50	Standard	
5	TWO-BALL POUND	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
6	SPIN PIVOT REVERSE			
	Right-Side Lay-ups	10 Makes	Advanced	
	Left-Side Lay-ups	10 Makes	Advanced	
7	DYNAMIC JUMP STOPS			
	Attacking from the Right	10 Makes	Advanced	
	Attacking from the Left	10 Makes	Advanced	
	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-Pointer	s 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	Sprint

RESULTS		
Challenge	Task You	ur Scor
		Add
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)	
		Subtra
Hydration	# of unhealthy drinks consumed (-2 per drink)	
Sleep	Technology on within 20 min before bed (-2 points)	
Your Sco	re for the Day:	
REFLECTI	ON	
. List three th	nings you think you did well too	day:
1-		
2-		
3-		

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

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

1-

2-

1-

2-3-



DAY 5 Pre-PGC Prep Workout

	STRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
1	GLUTE MEDIUS (EACH LEG)		
	Leg Raises	8, 10 or 12	Standard	
	Forward 45	8, 10 or 12	Standard	
	Backward 45	8, 10 or 12	Standard	
	Forward & Backward	8, 10 or 12	Standard	
	Circles Forward	8, 10 or 12	Standard	
	Circles Backward	8, 10 or 12	Standard	
	Bicycle Pedals	8, 10 or 12	Standard	
2	J-CURLS	20	Standard	
3	JUMP SQUATS	20	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
4	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
5	HIPS	30 Seconds	Standard	
6	SQUARE-V	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
7	SPIN PIVOT 1-2 GROOVE			
	Pull-ups to the Right	10 Makes	Advanced	
	Pull-ups to the Left	10 Makes	Advanced	
8	SPIN PIVOT REVERSE			
	Right-side Lay-ups	10 Makes	Advanced	
	Left-side Lay-ups	10 Makes	Advanced	
	SHOOTING	REPS	LEVEL	MAKES
9	SWISH SHOTS	10	Standard	
10	52 POINT DRILL			
	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
11	DISTANCE RUN	10 Minutes	Standard	Miles
12	SKIP ROPE	2 Minutes	Standard	Jump:

RESULTS		
Challenge	Task Yo	ur Score
		Add
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)	
		Subtract
Hydration	# of unhealthy drinks consumed (-2 per drink)	
Sleep	Technology on within 20 min before bed (-2 points)	
Your Scor	re for the Day:	

- 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	BALL BRIDGE	30 Seconds	Standard	
2	100 BALL CORE	100	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
3	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
4	ALL-STAR	60 Seconds		
	Cross-Overs	50	Standard	
	V-Side Right	50	Standard	
	Behind the Back	50	Standard	
	V-Side Left	50	Standard	
5	TWO-BALL POUND	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
6	SPIN PIVOT REVERSE			
	Right-Side Lay-ups	10 Makes	Advanced	
	Left-Side Lay-ups	10 Makes	Advanced	
7	DYNAMIC JUMP STOPS			
	Attacking from the Right	10 Makes	Advanced	
	Attacking from the Left	10 Makes	Advanced	
	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-Pointer	s 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	Sprint

Challenge	Task Yo	ur Score
		Add
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)	
		Subtrac
Hydration	# of unhealthy drinks consumed (-2 per drink)	
Sleep	Technology on within 20 min before bed (-2 points)	
Your Sco	re for the Day:	

- 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
1 GLUTE MEDIUS (EACH LEG	G)		
Leg Raises	8, 10 or 12	Standard	
Forward 45	8, 10 or 12	Standard	
Backward 45	8, 10 or 12	Standard	
Forward & Backward	8, 10 or 12	Standard	
Circles Forward	8, 10 or 12	Standard	
Circles Backward	8, 10 or 12	Standard	
Bicycle Pedals	8, 10 or 12	Standard	
2 J-CURLS	20	Standard	
3 JUMP SQUATS	20	Standard	
BALL CONTROL	REPS	LEVEL	COMPLETED
4 RIP 30			
With No Dribbles	10	Standard	
With Pound Dribbles	10	Standard	
With Dynamic Jump Stop	10	Standard	
5 HIPS	30 Seconds	Standard	
6 SQUARE-V	30 Seconds	Standard	
BODY CONTROL	REPS	LEVEL	COMPLETED
7 SPIN PIVOT 1-2 GROOVE			
Pull-ups to the Right	10 Makes	Advanced	
Pull-ups to the Left	10 Makes	Advanced	
8 SPIN PIVOT REVERSE			
Right-side Lay-ups	10 Makes	Advanced	
Left-side Lay-ups	10 Makes	Advanced	
SHOOTING	REPS	LEVEL	MAKES
9 SWISH SHOTS	10	Standard	
10 52 POINT DRILL			
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
11 DISTANCE RUN	10 Minutes	Standard	Miles
12 SKIP ROPE	2 Minutes	Standard	Jump

RESULTS		
Challenge	Task Y	our Score
		Add
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 eate	 n
Reflection	Reflection section completed (+2 points)	_
		Subtract
Hydration	# of unhealthy drinks consume (-2 per drink)	d
Sleep	Technology on within 20 min before bed (-2 points)	
Your Scor	re for the Day:	

- 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	BALL BRIDGE	30 Seconds	Standard	
2	100 BALL CORE	100	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
3	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
4	ALL-STAR	60 Seconds		
	Cross-Overs	50	Standard	
	V-Side Right	50	Standard	
	Behind the Back	50	Standard	
	V-Side Left	50	Standard	
5	TWO-BALL POUND	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
6	SPIN PIVOT REVERSE			
	Right-Side Lay-ups	10 Makes	Advanced	
	Left-Side Lay-ups	10 Makes	Advanced	
7	DYNAMIC JUMP STOPS			
	Attacking from the Right	10 Makes	Advanced	
	Attacking from the Left	10 Makes	Advanced	
	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-Pointer	s 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	Sprint

Challenge	Task You	ur Score
		Add
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)	
		Subtrac
Hydration	# of unhealthy drinks consumed (-2 per drink)	
Sleep	Technology on within 20 min before bed (-2 points)	

- 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 9 Pre-PGC Prep Workout

	STRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
1	GLUTE MEDIUS (EACH LEG)		
	Leg Raises	8, 10 or 12	Standard	
	Forward 45	8, 10 or 12	Standard	
	Backward 45	8, 10 or 12	Standard	
	Forward & Backward	8, 10 or 12	Standard	
	Circles Forward	8, 10 or 12	Standard	
	Circles Backward	8, 10 or 12	Standard	
	Bicycle Pedals	8, 10 or 12	Standard	
2	J-CURLS	20	Standard	
3	JUMP SQUATS	20	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
4	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
5	HIPS	30 Seconds	Standard	
6	SQUARE-V	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
7	SPIN PIVOT 1-2 GROOVE			
	Pull-ups to the Right	10 Makes	Advanced	
	Pull-ups to the Left	10 Makes	Advanced	
8	SPIN PIVOT REVERSE			
	Right-side Lay-ups	10 Makes	Advanced	
	Left-side Lay-ups	10 Makes	Advanced	
	SHOOTING	REPS	LEVEL	MAKES
9	SWISH SHOTS	10	Standard	
10	52 POINT DRILL			
	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
11	DISTANCE RUN	10 Minutes	Standard	Miles
12	SKIP ROPE	2 Minutes	Standard	Jump:

RESULTS Challenge	Task Y	our Score
		Add
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 eate	en ———
Reflection	Reflection section completed (+2 points)	
		Subtrac
Hydration	# of unhealthy drinks consume (-2 per drink)	d
Sleep	Technology on within 20 min before bed (-2 points)	
Your Scor	e for the Day:	

- 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	
2	100 BALL CORE	100	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
3	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
4	ALL-STAR	60 Seconds		
	Cross-Overs	50	Standard	
	V-Side Right	50	Standard	
	Behind the Back	50	Standard	
	V-Side Left	50	Standard	
5	TWO-BALL POUND	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
6	SPIN PIVOT REVERSE			
	Right-Side Lay-ups	10 Makes	Advanced	
	Left-Side Lay-ups	10 Makes	Advanced	
7	DYNAMIC JUMP STOPS			
	Attacking from the Right	10 Makes	Advanced	
	Attacking from the Left	10 Makes	Advanced	
	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	s 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 Yo	ur Score
		Add
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)	
		Subtract
Hydration	# of unhealthy drinks consumed (-2 per drink)	_
Sleep	Technology on within 20 min before bed (-2 points)	
Your Scor	re for the Day:	

- 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
1	GLUTE MEDIUS (EACH LEG)		
	Leg Raises	8, 10 or 12	Standard	
	Forward 45	8, 10 or 12	Standard	
	Backward 45	8, 10 or 12	Standard	
	Forward & Backward	8, 10 or 12	Standard	
	Circles Forward	8, 10 or 12	Standard	
	Circles Backward	8, 10 or 12	Standard	
	Bicycle Pedals	8, 10 or 12	Standard	
2	J-CURLS	20	Standard	
3	JUMP SQUATS	20	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
4	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
5	HIPS	30 Seconds	Standard	
6	SQUARE-V	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
7	SPIN PIVOT 1-2 GROOVE			
	Pull-ups to the Right	10 Makes	Advanced	
	Pull-ups to the Left	10 Makes	Advanced	
8	SPIN PIVOT REVERSE			
	Right-side Lay-ups	10 Makes	Advanced	
	Left-side Lay-ups	10 Makes	Advanced	
	SHOOTING	REPS	LEVEL	MAKES
9	SWISH SHOTS	10	Standard	
10	52 POINT DRILL			
	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
11	DISTANCE RUN	10 Minutes	Standard	Miles
12	SKIP ROPE	2 Minutes	Standard	Jumps

RESULTS					
Challenge	Task Yo	our Score			
		Add			
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 eater	n			
Reflection	Reflection section completed (+2 points)				
		Subtrac			
Hydration	# of unhealthy drinks consumed (-2 per drink)	l			
Sleep	Technology on within 20 min before bed (-2 points)				
Your Sco	re for the Day:				
REFLECTION					
1. List three th	I. List three things you think you did well today:				

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

1-2-

1-2-

3-

- ۷-
- 3. List three things you're thankful for today:
 - 1-
 - 2-
 - 3-



BONUS DAY #2

Pre-PGC Prep Workout

	CORE STRENGTH	REPS	LEVEL	COMPLETED
1	BALL BRIDGE	30 Seconds	Standard	
2	100 BALL CORE	100	Standard	
	BALL CONTROL	REPS	LEVEL	COMPLETED
3	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
4	ALL-STAR	60 Seconds		
	Cross-Overs	50	Standard	
	V-Side Right	50	Standard	
	Behind the Back	50	Standard	
	V-Side Left	50	Standard	
5	TWO-BALL POUND	30 Seconds	Standard	
	BODY CONTROL	REPS	LEVEL	COMPLETED
6	SPIN PIVOT REVERSE			
	Right-Side Lay-ups	10 Makes	Advanced	
	Left-Side Lay-ups	10 Makes	Advanced	
7	DYNAMIC JUMP STOPS			
	Attacking from the Right	10 Makes	Advanced	
	Attacking from the Left	10 Makes	Advanced	
	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-Pointer	s 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	Sprint

RESULTS	- .	
Challenge	Task Yo	ur Score
		Add
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)	
		Subtract
Hydration	# of unhealthy drinks consumed (-2 per drink)	
Sleep	Technology on within 20 min before bed (-2 points)	
Your Sco	re for the Day:	

- 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:
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