

DAY 1

Pre-PGC Prep Workout

| STRENGTH & EXPLOSION | REPS | LEVEL | COMPLETED |
|----------------------------------|-------------|----------|--------------------------|
| 1 GLUTE MEDIUS (EACH LEG) | | | |
| 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"/> |
| 2 J-CURLS | 20 | Standard | <input type="checkbox"/> |
| 3 JUMP SQUATS | 20 | Standard | <input type="checkbox"/> |

| BALL CONTROL | REPS | LEVEL | COMPLETED |
|------------------------|------------|----------|--------------------------|
| 4 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"/> |
| 5 HIPS | 30 Seconds | Standard | <input type="checkbox"/> |
| 6 SQUARE-V | 30 Seconds | Standard | <input type="checkbox"/> |

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

| SHOOTING | REPS | LEVEL | MAKES |
|--------------------------|------|----------|--------------------------|
| 9 SWISH SHOTS | 10 | Standard | <input type="checkbox"/> |
| 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 | Your Score |
|------------|--|-----------------|
| | | <i>Add</i> |
| Training | Workout completed (+1 pt for each exercise - 10 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 2

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 | <input type="checkbox"/> |
| 9 CARDIO 10 | Max 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 - 9 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 |
|----------------------------------|-------------|----------|--------------------------|
| 1 GLUTE MEDIUS (EACH LEG) | | | |
| 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"/> |
| 2 J-CURLS | 20 | Standard | <input type="checkbox"/> |
| 3 JUMP SQUATS | 20 | Standard | <input type="checkbox"/> |

| BALL CONTROL | REPS | LEVEL | COMPLETED |
|------------------------|------------|----------|--------------------------|
| 4 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"/> |
| 5 HIPS | 30 Seconds | Standard | <input type="checkbox"/> |
| 6 SQUARE-V | 30 Seconds | Standard | <input type="checkbox"/> |

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

| SHOOTING | REPS | LEVEL | MAKES |
|--------------------------|------|----------|--------------------------|
| 9 SWISH SHOTS | 10 | Standard | <input type="checkbox"/> |
| 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 | Your Score |
|------------|--|-----------------|
| | | <i>Add</i> |
| Training | Workout completed (+1 pt for each exercise - 10 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 | 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 | <input type="checkbox"/> |
| 9 | CARDIO 10 | Max 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 - 9 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 |
|----------------------------------|-------------|----------|--------------------------|
| 1 GLUTE MEDIUS (EACH LEG) | | | |
| 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"/> |
| 2 J-CURLS | 20 | Standard | <input type="checkbox"/> |
| 3 JUMP SQUATS | 20 | Standard | <input type="checkbox"/> |

| BALL CONTROL | REPS | LEVEL | COMPLETED |
|------------------------|------------|----------|--------------------------|
| 4 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"/> |
| 5 HIPS | 30 Seconds | Standard | <input type="checkbox"/> |
| 6 SQUARE-V | 30 Seconds | Standard | <input type="checkbox"/> |

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

| SHOOTING | REPS | LEVEL | MAKES |
|--------------------------|------|----------|--------------------------|
| 9 SWISH SHOTS | 10 | Standard | <input type="checkbox"/> |
| 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 | Your Score |
|------------|--|-----------------|
| | | <i>Add</i> |
| Training | Workout completed (+1 pt for each exercise - 10 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 | 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 | <input type="checkbox"/> |
| 9 | CARDIO 10 | Max 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 - 9 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 |
|----------------------------------|-------------|----------|--------------------------|
| 1 GLUTE MEDIUS (EACH LEG) | | | |
| 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"/> |
| 2 J-CURLS | 20 | Standard | <input type="checkbox"/> |
| 3 JUMP SQUATS | 20 | Standard | <input type="checkbox"/> |

| BALL CONTROL | REPS | LEVEL | COMPLETED |
|------------------------|------------|----------|--------------------------|
| 4 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"/> |
| 5 HIPS | 30 Seconds | Standard | <input type="checkbox"/> |
| 6 SQUARE-V | 30 Seconds | Standard | <input type="checkbox"/> |

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

| SHOOTING | REPS | LEVEL | MAKES |
|--------------------------|------|----------|--------------------------|
| 9 SWISH SHOTS | 10 | Standard | <input type="checkbox"/> |
| 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 | Your Score |
|------------|--|-----------------|
| | | <i>Add</i> |
| Training | Workout completed (+1 pt for each exercise - 10 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 8

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 | <input type="checkbox"/> |
| 9 CARDIO 10 | Max 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 - 9 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 |
|----------------------------------|-------------|----------|--------------------------|
| 1 GLUTE MEDIUS (EACH LEG) | | | |
| 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"/> |
| 2 J-CURLS | 20 | Standard | <input type="checkbox"/> |
| 3 JUMP SQUATS | 20 | Standard | <input type="checkbox"/> |

| BALL CONTROL | REPS | LEVEL | COMPLETED |
|------------------------|------------|----------|--------------------------|
| 4 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"/> |
| 5 HIPS | 30 Seconds | Standard | <input type="checkbox"/> |
| 6 SQUARE-V | 30 Seconds | Standard | <input type="checkbox"/> |

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

| SHOOTING | REPS | LEVEL | MAKES |
|--------------------------|------|----------|--------------------------|
| 9 SWISH SHOTS | 10 | Standard | <input type="checkbox"/> |
| 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 | Your Score |
|------------|--|-----------------|
| | | <i>Add</i> |
| Training | Workout completed (+1 pt for each exercise - 10 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 | <input type="checkbox"/> |
| 9 | CARDIO 10 | Max 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 - 9 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 |
|----------------------------------|-------------|----------|--------------------------|
| 1 GLUTE MEDIUS (EACH LEG) | | | |
| 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"/> |
| 2 J-CURLS | 20 | Standard | <input type="checkbox"/> |
| 3 JUMP SQUATS | 20 | Standard | <input type="checkbox"/> |

| BALL CONTROL | REPS | LEVEL | COMPLETED |
|------------------------|------------|----------|--------------------------|
| 4 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"/> |
| 5 HIPS | 30 Seconds | Standard | <input type="checkbox"/> |
| 6 SQUARE-V | 30 Seconds | Standard | <input type="checkbox"/> |

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

| SHOOTING | REPS | LEVEL | MAKES |
|--------------------------|------|----------|--------------------------|
| 9 SWISH SHOTS | 10 | Standard | <input type="checkbox"/> |
| 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 | Your Score |
|------------|--|-----------------|
| | | <i>Add</i> |
| Training | Workout completed (+1 pt for each exercise - 10 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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 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 | <input type="checkbox"/> |
| 9 CARDIO 10 | Max 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 - 9 pts max) | _____ |
| Training | Cardio (2 pts per exercise) or Practice/Game (6 pts) | _____ |
| 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-