

STRENGTH & EXPLOSIO	N REPS	LEVEL	COMPLETED
1 GLUTE MEDIUS (EACH L	EG)		
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	p 10	Standard	
5 HIPS	30 Seconds	Standard	
6 SQUARE-V	30 Seconds	Standard	
BODY CONTROL	REPS	LEVEL	COMPLETED
BODY CONTROL           7         SPIN PIVOT 1-2 GROOVE		LEVEL	COMPLETED
		LEVEL Advanced	
7 SPIN PIVOT 1-2 GROOVE	:		
7 SPIN PIVOT 1-2 GROOVE Pull-ups to the Right	10 Makes	Advanced	
7 SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left	10 Makes	Advanced	
<ul> <li>7 SPIN PIVOT 1-2 GROOVE</li> <li>Pull-ups to the Right</li> <li>Pull-ups to the Left</li> <li>8 SPIN PIVOT REVERSE</li> </ul>	10 Makes 10 Makes	Advanced Advanced	
<ul> <li>7 SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left</li> <li>8 SPIN PIVOT REVERSE Right-side Lay-ups</li> </ul>	10 Makes 10 Makes 10 Makes	Advanced Advanced Advanced	
<ul> <li>7 SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left</li> <li>8 SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups</li> </ul>	10 Makes 10 Makes 10 Makes 10 Makes 10 Makes	Advanced Advanced Advanced Advanced	
<ul> <li>7 SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left</li> <li>8 SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups</li> <li>SHOOTING</li> </ul>	10 Makes 10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b>	Advanced Advanced Advanced Advanced LEVEL	
<ul> <li>7 SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left</li> <li>8 SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups</li> <li>SHOOTING</li> <li>9 SWISH SHOTS</li> </ul>	10 Makes 10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b>	Advanced Advanced Advanced Advanced LEVEL	
<ul> <li>7 SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left</li> <li>8 SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups</li> <li>SHOOTING</li> <li>9 SWISH SHOTS</li> <li>10 52 POINT DRILL</li> </ul>	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard	
<ul> <li>7 SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left</li> <li>8 SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups</li> <li>SHOOTING</li> <li>9 SWISH SHOTS</li> <li>10 52 POINT DRILL Spot-Up 3-Pointer</li> </ul>	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard	
<ul> <li><b>7</b> SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left</li> <li><b>8</b> SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups</li> <li><b>SHOOTING</b></li> <li><b>9</b> SWISH SHOTS</li> <li><b>10</b> 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right</li> </ul>	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard	
<ul> <li><b>7</b> SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left</li> <li><b>8</b> SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups</li> <li><b>SHOOTING</b></li> <li><b>9</b> SWISH SHOTS</li> <li><b>10</b> 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left</li> </ul>	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5 5 5	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard Standard	
<ul> <li><b>7</b> SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left</li> <li><b>8</b> SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups</li> <li><b>SHOOTING</b></li> <li><b>9</b> SWISH SHOTS</li> <li><b>10</b> 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left Spot-up 3-Pointer</li> </ul>	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5 5 5 5 5	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard Standard Standard	□ □ ■ ■ ■ ■ ■ ■

RESULTS		
Challenge	Task Ye	our Score
		Add
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 eater	n
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:	



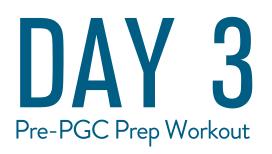
### DAY 2 Pre-PGC Prep Workout

	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	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-Pointer	rs 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
		Add
Training	Workout completed (+1 pt fo each exercise - 9 pts max)	r
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 ea	ten
Reflection	Reflection section completed (+2 points)	
		Subtract
Hydration	# of unhealthy drinks consum (-2 per drink)	ed
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-





	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			
7	<b>SPIN PIVOT 1-2 GROOVE</b> Pull-ups to the Right	10 Makes	Advanced	
7		10 Makes 10 Makes	Advanced Advanced	
	Pull-ups to the Right			
	Pull-ups to the Right Pull-ups to the Left			
	Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE	10 Makes	Advanced	
	Pull-ups to the Right Pull-ups to the Left <b>SPIN PIVOT REVERSE</b> Right-side Lay-ups	10 Makes	Advanced Advanced	
	Pull-ups to the Right Pull-ups to the Left <b>SPIN PIVOT REVERSE</b> Right-side Lay-ups Left-side Lay-ups	10 Makes 10 Makes 10 Makes	Advanced Advanced Advanced	
8	Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING	10 Makes 10 Makes 10 Makes REPS	Advanced Advanced Advanced LEVEL	□ □ ■ ■ ■ ■ ■
8	Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS	10 Makes 10 Makes 10 Makes REPS	Advanced Advanced Advanced LEVEL	
8	Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL	10 Makes 10 Makes 10 Makes <b>REPS</b> 10	Advanced Advanced Advanced LEVEL Standard	□ □ ■ ■ ■ ■ ■
8	Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer	10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5	Advanced Advanced Advanced <b>LEVEL</b> Standard Standard	□ □ ■ ■ ■ ■ ■
8	Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right	10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5	Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard	
8	Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left	10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5 5 5	Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard Standard	Contraction Contr
8	Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left Spot-up 3-Pointer	10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5 5 5 5 5	Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard Standard Standard	

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



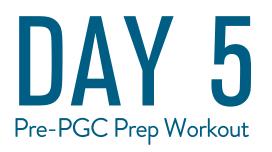
## DAY 4 Pre-PGC Prep Workout

	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	$\Box$
	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	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-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	Sprints

RESULTS		
Challenge	Task	Your Score
		Add
Training	Workout completed (+1 pt for each exercise - 9 pts max)	r
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 eat	ten
Reflection	Reflection section completed (+2 points)	
		Subtract
Hydration	# of unhealthy drinks consum (-2 per drink)	ed
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-





S	TRENGTH & EXPLOSION	REPS	LEVEL	COMPLETED
1 0	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 <b>J</b>	UMP SQUATS	20	Standard	
E	BALL CONTROL	REPS	LEVEL	COMPLETED
4 F	RIP 30			
	With No Dribbles	10	Standard	
	With Pound Dribbles	10	Standard	
	With Dynamic Jump Stop	10	Standard	
5 H	HIPS	30 Seconds	Standard	
6 S	QUARE-V	30 Seconds	Standard	
E	SODY CONTROL	REPS	LEVEL	COMPLETED
	SPIN PIVOT 1-2 GROOVE	REPS	LEVEL	COMPLETED
		REPS 10 Makes	LEVEL Advanced	
	SPIN PIVOT 1-2 GROOVE			
7 S	<b>FPIN PIVOT 1-2 GROOVE</b> Pull-ups to the Right	10 Makes	Advanced	
7 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left	10 Makes	Advanced	
7 S	FIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left FIN PIVOT REVERSE	10 Makes 10 Makes	Advanced Advanced	
7 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups	10 Makes 10 Makes 10 Makes	Advanced Advanced Advanced	
7 S 8 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups	10 Makes 10 Makes 10 Makes 10 Makes	Advanced Advanced Advanced Advanced	
7 S 8 S 9 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b>	Advanced Advanced Advanced Advanced LEVEL	
7 S 8 S 9 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b>	Advanced Advanced Advanced Advanced LEVEL	
7 S 8 S 9 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS S2 POINT DRILL	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10	Advanced Advanced Advanced Advanced LEVEL Standard	
7 S 8 S 9 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS S2 POINT DRILL Spot-Up 3-Pointer	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard	
7 S 8 S 9 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS S2 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard	
7 S 8 S 9 S 10 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS S2 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5 5	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard Standard	
7 S 8 S 9 S 10 S	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS SPOINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left Spot-up 3-Pointer	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5 5 5 5	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard Standard Standard	□ □ ■ ■ ■ ■ ■

RESULTS		
Challenge	Task	Your Score
		Add
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 eat	en
Reflection	Reflection section completed (+2 points)	
		Subtract
Hydration	# of unhealthy drinks consume (-2 per drink)	ed
Sleep	Technology on within 20 min before bed (-2 points)	
Your Sco	re for the Day:	



### 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	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-Pointer	rs 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
		Add
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 eat	en
Reflection	Reflection section completed (+2 points)	
		Subtract
Hydration	# of unhealthy drinks consume (-2 per drink)	ed
Sleep	Technology on within 20 min before bed (-2 points)	
Your Scor	re for the Day:	

1.	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	
	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
	BODTCONTROL	ILET 5		COMILETED
7	SPIN PIVOT 1-2 GROOVE	KEI 5		
7		10 Makes	Advanced	
7	SPIN PIVOT 1-2 GROOVE			
7	<b>SPIN PIVOT 1-2 GROOVE</b> Pull-ups to the Right	10 Makes	Advanced	
-	<b>SPIN PIVOT 1-2 GROOVE</b> Pull-ups to the Right Pull-ups to the Left	10 Makes	Advanced	
-	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE	10 Makes 10 Makes	Advanced Advanced	
-	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups	10 Makes 10 Makes 10 Makes	Advanced Advanced Advanced	
-	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups	10 Makes 10 Makes 10 Makes 10 Makes 10 Makes	Advanced Advanced Advanced Advanced	
8	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b>	Advanced Advanced Advanced Advanced LEVEL	
8	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b>	Advanced Advanced Advanced Advanced LEVEL	
8	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10	Advanced Advanced Advanced Advanced LEVEL Standard	
8	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard	
8	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard	
8	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5 5	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard Standard	
8	SPIN PIVOT 1-2 GROOVE Pull-ups to the Right Pull-ups to the Left SPIN PIVOT REVERSE Right-side Lay-ups Left-side Lay-ups SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left Spot-up 3-Pointer	10 Makes 10 Makes 10 Makes 10 Makes <b>REPS</b> 10 5 5 5 5 5	Advanced Advanced Advanced Advanced <b>LEVEL</b> Standard Standard Standard Standard Standard	□ □ ■ ■ ■ ■ ■ ■

RESULTS		
Challenge	Task	our Score
		Add
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 eat	en
Reflection	Reflection section completed (+2 points)	
		Subtract
Hydration	# of unhealthy drinks consume (-2 per drink)	ed
Sleep	Technology on within 20 min before bed (-2 points)	
Your Sco	re 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. List three things you're thankful for today:

 3 



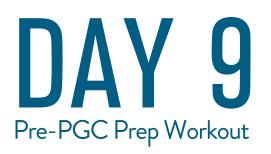
### **DAY 8** Pre-PGC Prep Workout

	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			
9	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	$\square$
	Behind the Back	50	Standard	$\square$
	V-Side Left	50	Standard	$\square$
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	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-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	Sprints

RESULTS			
Challenge	Task	Your	Score
			Add
Training	Workout completed (+1 pt fo each exercise - 9 pts max)	r	
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 ea	ten	
Reflection	Reflection section completed (+2 points)	I	
			Subtract
Hydration	# of unhealthy drinks consum (-2 per drink)	ned	
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-





STRENGTH & EXPLOSIO	N REPS	LEVEL	COMPLETED
1 GLUTE MEDIUS (EACH L	EG)		
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 Sto	р 10	Standard	
5 HIPS	30 Seconds	Standard	
6 SQUARE-V	30 Seconds	Standard	
BODY CONTROL	REPS	LEVEL	COMPLETED
7 SPIN PIVOT 1-2 GROOVE	<u>.</u>		
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	Your Score
		Add
Training	Workout completed (+1 pt fo each exercise - 10 pts max)	r
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 ea	ten
Reflection	Reflection section completed (+2 points)	l
		Subtract
Hydration	# of unhealthy drinks consum (-2 per drink)	ned
Sleep	Technology on within 20 min before bed (-2 points)	
Your Scor	re for the Day:	



## 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	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	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 - 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)	
		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 & EXPLOSIO	N REPS	LEVEL	COMPLETED
GLUTE MEDIUS (EACH I	.EG)		
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 Sto	р 10	Standard	
HIPS	30 Seconds	Standard	
SQUARE-V	30 Seconds	Standard	
BODY CONTROL	REPS	LEVEL	COMPLETED
SPIN PIVOT 1-2 GROOV	E		
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	
	10 14 1		
Left-side Lay-ups	10 Makes	Advanced	
Left-side Lay-ups SHOOTING	REPS	Advanced LEVEL	MAKES
SHOOTING	REPS	LEVEL	MAKES
SHOOTING SWISH SHOTS	REPS	LEVEL	
SHOOTING SWISH SHOTS 52 POINT DRILL	<b>REPS</b> 10	<b>LEVEL</b> Standard	
SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer	<b>REPS</b> 10 5	<b>LEVEL</b> Standard Standard	
SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right	<b>REPS</b> 10 5 5	<b>LEVEL</b> Standard Standard Standard	
SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left	<b>REPS</b> 10 5 5 5 5 5	LEVEL Standard Standard Standard Standard	MAKES MAKES RESULTS
SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left Spot-up 3-Pointer	<b>REPS</b> 10 5 5 5 5 5 5 5	LEVEL Standard Standard Standard Standard Standard	
SHOOTING SWISH SHOTS 52 POINT DRILL Spot-Up 3-Pointer Pull-up Jumper Right Pull-up Jumper Left Spot-up 3-Pointer OPTIONAL CARDIO	REPS 10 5 5 5 5 5 5 8 REPS	LEVEL Standard Standard Standard Standard Standard LEVEL	RESULTS

RESULTS		
Challenge	Task	our Score
		Add
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 eat	en
Reflection	Reflection section completed (+2 points)	
		Subtract
Hydration	# of unhealthy drinks consume (-2 per drink)	ed
Sleep	Technology on within 20 min before bed (-2 points)	

REFLECTION

Your Score for the Day:



# BONUS DAY #2 Pre-PGC Prep Workout

		5550		
	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	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-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	Sprints

RESULTS				
Challenge	Task		You	r Score
				Add
Training		ompleted (+1 pt fo se - 9 pts max)	or	
Training	Cardio (2 pts per exercise) or Practice/Game (6 pts)			
Hydration	# of water I	oottles consumed		
Sleep	# of hours s	slept		
Food	# of fresh f	ruits eaten		
Food	# of serving	gs of vegetables ea	iten	
Reflection	Reflection section completed (+2 points)		ł	
				Subtract
Hydration	# of unheal (-2 per drir	thy drinks consun 1k)	ned	
Sleep	Technology before bed	on within 20 mir (-2 points)	1	
Your Score 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-	

