

# THE FOUNDATION & SETTING THE STANDARD



**PRE SEASON  
CHECK IN**

**SCAN  
ME**



# THE FOUNDATION & SETTING THE STANDARD

## 🔥 MONTHLY MOTIVATION:

"CHAMPIONS DON'T WAIT FOR THE SEASON TO TEST THEM—THEY SET THE STANDARD FROM DAY 1. BUILD THE FOUNDATIONS NOW FOR THE PLAYER YOU'LL BE WHEN IT MATTERS MOST."

### KEY DATES

PLAN OUT IMPORTANT DATES



### 💡 MENTAL CONDITIONING CHALLENGE:

✅ **LEADERSHIP CHECK:** FIND A WAY TO LIFT UP A TEAMMATE THIS MONTH. LEADERSHIP ISN'T JUST VOCAL—IT'S ABOUT EFFORT, ENERGY, AND ACCOUNTABILITY.

### 🎯 KEY FOCUS THIS MONTH:

- **ROUTINE & DISCIPLINE:** BUILDING HABITS THAT CREATE LONG-TERM SUCCESS
- **EXCUSES VS. ACCOUNTABILITY:** TAKING OWNERSHIP AND PUSHING THROUGH CHALLENGES
- **MENTAL CONDITIONING:** DEVELOPING A STRONG MINDSET TO HANDLE ADVERSITY

### 📝 LOCK-IN GOALS FOR THIS MONTH:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

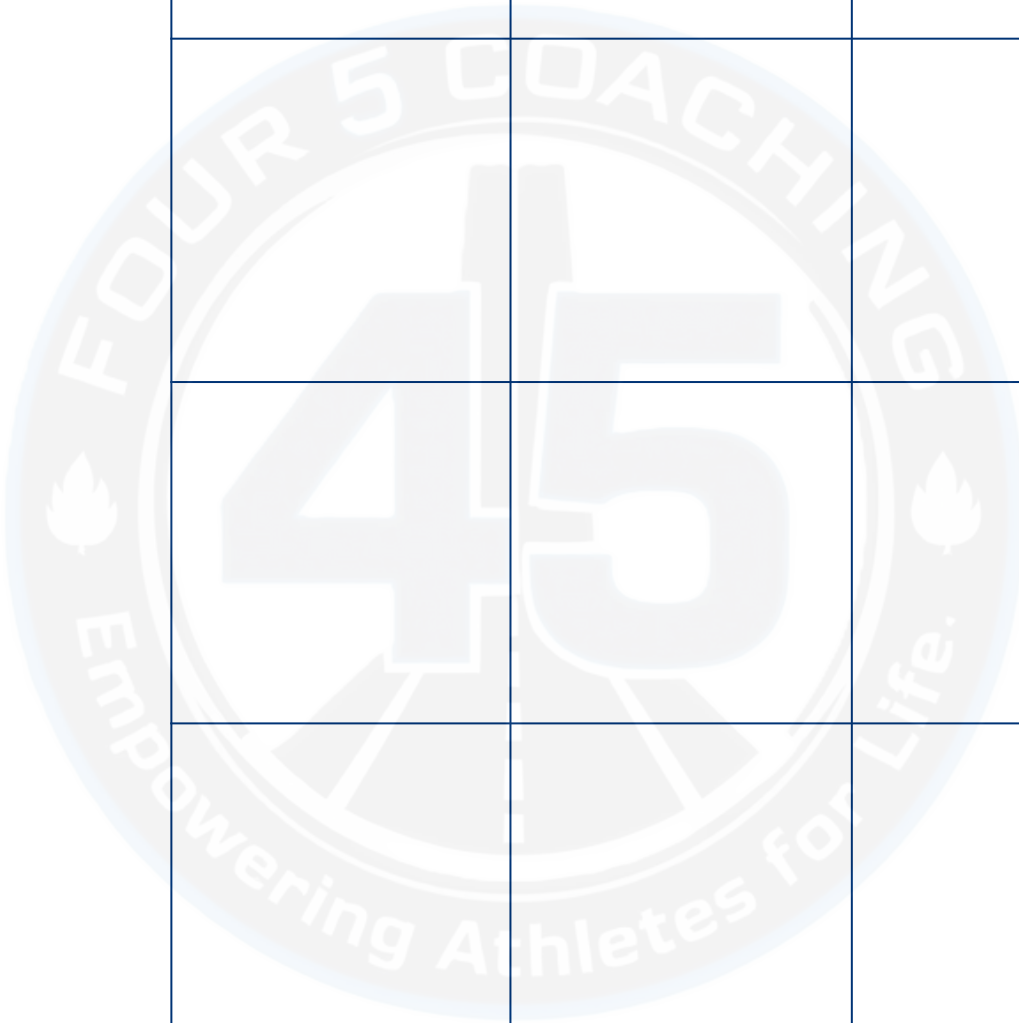
### NOTES:


SIDE  
NOTE

MONDAY

TUESDAY

WEDNESDAY

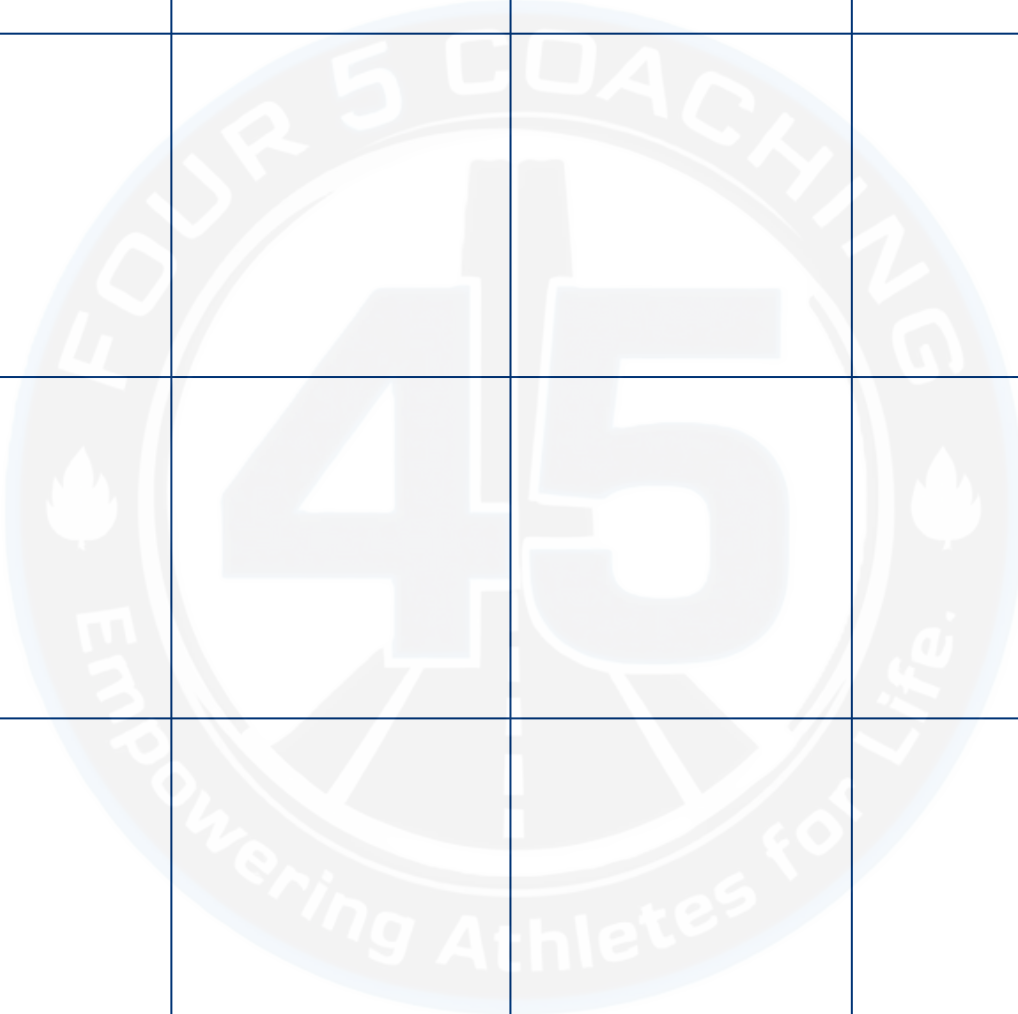


THURSDAY

FRIDAY

SATURDAY

SUNDAY

# WEEK 1

# LOVE THE PROCESS

## 🎯 WEEKLY CHALLENGE:

THIS WEEK, FIND JOY IN THE WORK. SUCCESS ISN'T JUST REACHING THE GOAL—IT'S IN THE DAILY GRIND.

## 💬 PERSONAL WEEKLY AFFIRMATION

*Ex: "I embrace every step of my journey. The work I put in today builds my success tomorrow."*

---

---

---

## 📌 WEEKLY FOCUS AREAS

❤️ **Enjoyment:** Find motivation in the process, not just the outcome.

🔧 **Daily Commitment:** Take pride in every rep, drill, and detail.

🌱 **Growth Mindset:** Focus on progress, not just results.

## 📊 WEEK AT A GLANCE:

✓ EMBRACE THE PROCESS AND PREPARE FOR SUCCESS

DAY	ACADEMICS ✓	TRAINING ✓	PRACTICE ✓	GAME ✓	RECOVERY ✓
MON					
TUES					
WEDNS					
THURS					
FRI					
SAT					
SUN					

## 🏀 ATHLETE SPOTLIGHT: GIANNIS ANTETOKOUNMPO

💡 "WHEN YOU FOCUS ON THE PAST, THAT'S YOUR EGO. WHEN YOU FOCUS ON THE FUTURE, THAT'S YOUR PRIDE. THE PRESENT? THAT'S WHERE THE WORK GETS DONE.

📌 **TAKEAWAY:** HOW CAN YOU APPLY THIS MINDSET TO GROWTH THIS WEEK?

# MONDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.

🔥 LOCKED IN | 😊 NEUTRAL | 😞 OFF TRACK

SLEEP: (-6) (7) (8+)

WATER: ●●○

## 🎯 COACH MOTIVATION:

"CHAMPIONS DON'T WAIT FOR MOTIVATION—THEY TRUST THE WORK. SHOW UP, EMBRACE THE PROCESS, AND LET THE RESULTS FOLLOW."

## 🧠 MENTAL FOCUS:

SUCCESS ISN'T BUILT IN ONE DAY. LOCK IN ON WHAT YOU CAN CONTROL TODAY.

### PERFORMANCE TRACKER

⚡ WORKOUT / PRACTICE / GAME NOTES:

RECOVERY  FULL INTENSITY  GAME DAY

KEY TAKEAWAY:

### ACADEMIC:

✅ WHAT NEEDS TO GET DONE?

SUBJECTS: \_\_\_\_\_

TO DO:

REFLECTION:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: \_\_\_\_ ⚡ ENERGY: \_\_\_\_ ✨ CONFIDENCE: \_\_\_\_

# TUESDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.

🔥 LOCKED IN | 😊 NEUTRAL | 😞 OFF TRACK

SLEEP: (-6) (7) (8+)

WATER: ●●○

## 🎯 COACH MOTIVATION:

"THE GREAT ONES LOVE THE WORK AS MUCH AS THEY LOVE THE WINS. ENJOY THE GRIND—IT'S WHAT MAKES THE GOAL WORTH IT."

## 🧠 MENTAL FOCUS:

BE PRESENT. DON'T RUSH THE PROCESS—COMMIT TO EVERY REP, EVERY DRILL.

### PERFORMANCE TRACKER

⚡ WORKOUT / PRACTICE / GAME NOTES:

RECOVERY  FULL INTENSITY  GAME DAY

KEY TAKEAWAY:

### ACADEMIC:

✅ WHAT NEEDS TO GET DONE?

SUBJECTS: \_\_\_\_\_

TO DO:

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: \_\_\_\_ ⚡ ENERGY: \_\_\_\_ ✨ CONFIDENCE: \_\_\_\_

# WEDNESDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.

🔥 LOCKED IN | 😐 NEUTRAL | 😞 OFF TRACK

SLEEP: (-6) (7) (8+)

WATER: ●●○

## 🎯 COACH MOTIVATION:

"PROGRESS ISN'T ALWAYS OBVIOUS, BUT EVERY REP COUNTS. STACK SMALL WINS TODAY, AND TRUST THEY'LL ADD UP."

## 🧠 MENTAL FOCUS:

FOCUS ON EXECUTION, NOT JUST EFFORT. PERFECT THE SMALL DETAILS.

### PERFORMANCE TRACKER

⚡ WORKOUT / PRACTICE / GAME NOTES:

RECOVERY  FULL INTENSITY  GAME DAY

KEY TAKEAWAY:

### ACADEMIC:

✅ WHAT NEEDS TO GET DONE?

SUBJECTS: \_\_\_\_\_

TO DO:

REFLECTION:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: \_\_\_\_ ⚡ ENERGY: \_\_\_\_ ✨ CONFIDENCE: \_\_\_\_

# THURSDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.

🔥 LOCKED IN | 😐 NEUTRAL | 😞 OFF TRACK

SLEEP: (-6) (7) (8+)

WATER: ●●○

## 🎯 COACH MOTIVATION:

"ANYONE CAN WORK WHEN THEY FEEL GOOD. DISCIPLINE IS WORKING WHEN YOU DON'T. KEEP PUSHING."

## 🧠 MENTAL FOCUS:

LOCK IN ON DISCIPLINE—HOW YOU WORK TODAY DETERMINES YOUR FUTURE.

### PERFORMANCE TRACKER

⚡ WORKOUT / PRACTICE / GAME NOTES:

RECOVERY  FULL INTENSITY  GAME DAY

KEY TAKEAWAY:

### ACADEMIC:

✅ WHAT NEEDS TO GET DONE?

SUBJECTS: \_\_\_\_\_

TO DO:

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: \_\_\_\_ ⚡ ENERGY: \_\_\_\_ ✨ CONFIDENCE: \_\_\_\_

# FRIDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.

🔥 LOCKED IN | 😊 NEUTRAL | 😞 OFF TRACK

SLEEP: (-6) (7) (8+)

WATER: ●●○

## 🎯 COACH MOTIVATION:

"NO WASTED DAYS. TREAT TODAY LIKE IT MATTERS, BECAUSE IT DOES. STAY LOCKED IN."

## 🧠 MENTAL FOCUS:

GIVE YOUR BEST EFFORT—ONE DAY AT A TIME, ONE REP AT A TIME.

### PERFORMANCE TRACKER

⚡ WORKOUT / PRACTICE / GAME NOTES:

RECOVERY  FULL INTENSITY  GAME DAY

KEY TAKEAWAY:

### ACADEMIC:

✅ WHAT NEEDS TO GET DONE?

SUBJECTS: \_\_\_\_\_

TO DO:

REFLECTION:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: \_\_\_\_ ⚡ ENERGY: \_\_\_\_ ⭐ CONFIDENCE: \_\_\_\_

# SATURDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.

🔥 LOCKED IN | 😊 NEUTRAL | 😞 OFF TRACK

SLEEP: (-6) (7) (8+)

WATER: ●●○

## 🎯 COACH MOTIVATION:

"WINNERS DON'T COAST THROUGH PRACTICE. THEY BRING THE SAME ENERGY AND FOCUS EVERY TIME THEY STEP ON THE FIELD."

## 🧠 MENTAL FOCUS:

MAKE TODAY'S WORK YOUR BEST WORK. STAY LOCKED IN, STAY SHARP.

### PERFORMANCE TRACKER

⚡ WORKOUT / PRACTICE / GAME NOTES:

RECOVERY  FULL INTENSITY  GAME DAY

KEY TAKEAWAY:

### ACADEMIC:

✅ WHAT NEEDS TO GET DONE?

SUBJECTS: \_\_\_\_\_

TO DO:

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: \_\_\_\_ ⚡ ENERGY: \_\_\_\_ ⭐ CONFIDENCE: \_\_\_\_



**SUNDAY**

DATE / /

12 A.M.

12 P.M.

11 P.M.

🔥 LOCKED IN | 😊 NEUTRAL | 😞 OFF TRACK

SLEEP: (-6) 7 (8+)

WATER: ●●○

**🎯 COACH MOTIVATION:**

"RESET. REFLECT. PREPARE. THE NEXT STEP IN YOUR JOURNEY STARTS NOW—ATTACK IT WITH PURPOSE."

HOW DID I PERFORM THIS WEEK? 🔥 FOCUS: \_\_\_\_ ⚡ ENERGY: \_\_\_\_ ✨ CONFIDENCE: \_\_\_\_

**🔥 MENTAL RESET:**  
CONTROLLED BREATHING DRILL

- SPEND 5 MINUTES IN A QUIET PLACE FOCUSING ON DEEP BELLY BREATHS

1. **INHALE** 4 SEC
2. **HOLD** 4 SEC
3. **EXHALE** 4 SEC

**📊 PERFORMANCE TRACKER**  
LOG KEY PERFORMANCE STATS FROM GAMES/PRACTICES.

STAT ENTRY: TACKLES / POINTS / ASSISTS / MISSED ASSIGNMENTS:	VS

**● MINDSET RESET LETTER**  
DEVELOP SELF-AWARENESS AND MENTAL RESILIENCE.

- WRITE A SHORT LETTER TO YOU ABOUT HOW YOU WILL HANDLE ADVERSITY NEXT WEEK. CAN BE REVISITED AFTER A TOUGH MOMENT.

---

---

---

---

REFLECTION:

---

---

---

---

COACH/TEAM ACCOUNTABILITY NOTE:

---



**WEEKLY CHECK-IN  
WITH COACH**

**SCAN  
ME** →

