

CURRENT FOOTBALL STRENGTHS

1			
2			
3			
	WHAT	CANTIMPROVE	ON
1			
2			
3			
	HOW	I PLAN TO IMPRO	OVE
1			
2			
3			
	EVALUATIO	N AND HOMEWO	ORK PLAN
PLAYER	SIGNATURE	COACH SIGNATURE	DATE



LONG TERM GOAL (WHAT WOULD YOU LIKE TO ACHIEVE THIS SEASON) SHORT TERM GOALS (GIVE YOURSELF SOME ACHIEVABLE TARGETS) PLAYER SIGNATURE COACH SIGNATURE DATE



FOOD & SLEEP DIARY WEEK BEGINING

	Time Awake	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack	Time asleep
MON								
TUE								
WED								
THUR								
FRI								
SAT								
SUN								

FOOD & SLEEP DIARY WEEK BEGINING

	Time	Breakfast	Morning Snack	Lunch	Afternoon	Dinner	Evening Time Snack aslee
MON							
TUE							
WED							
THUR							
FRI							
SAT							
SUN					Ť		



ACTIVITY DIARY WEEK BEGINING

	ACTIVITY 1	HOW LONG FOR	ACTIVITY 2	HOW LONG FOR	ACTIVITY 3	HOW LONG FOR
MON						
TUE						
WED						
THUR						
FRI						
SAT						
SUN						

ACTIVITY DIARY WEEK BEGINING

	ACTIVITY 1	HOW LONG FOR	ACTIVITY 2	HOW LONG FOR	ACTIVITY 3	HOW LONG FOR
MON						
TUE						
WED						
THUR						
FRI						
SAT						
SUN						