

Month \_\_\_\_\_  
 Year \_\_\_\_\_

Daily Training Log

<b>DAILY TRAINING LOG</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
1.Theme 1:							
2.Theme 2:							
3.Theme 3:							
4.Theme 4:							
<b>DAILY RITUALS</b>							
5.Go to Work Routine							
6.Go to bed routine							
7.Phone 2 New & 2 Old							
8.records:							
9.Wake up routine							
<b>ACTING SKILLS</b>							
10.disciplined Thinking							
11.Disciplined Acting							
12.Music Workout							
<b>MENTAL PREPERATION</b>							
13.study medicine							
14. Write 5pp							
<b>SEEK STRESS</b>							
15.Interval Stress/windsprint							
16.Situps							
17.Strength Training							
18.Stretching							
19.Challenge Emotionally							
20.Challenge Mentally							
21.Other:							
<b>WORLD-CLASS RECOVERY</b>							
22.sleep: 7hours							
23.Nutrition: 5 F/V							
24.Exercise: 3 miles							
25.Humor:							
26.Rest (Active)							
27.Rest (Passive)							
28.Needs							
29.Family							
30.Other:							
<b>WAVE MAKING</b>							
31.Physical							
32.Mental							
33.Emotional							
<b>MANAGE ENERGY</b>							
34.Time in High Positive							
35.Time in Low Positive							
36.Time in High Negative							
37.Time in Low Negative							
38.Got Tougher Today							
39.What is my CA today?							
40. 0							