



WIN THE DAY

CONTROL THE CONTROLLABLES

Created By:

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HYDRATION →

NUTRITION →

SLEEP →

REST/RECOVERY →

GREAT TEAMMATE →

MINIMIZE DISTRACTIONS →

PHYSICAL TRAINING →

MENTAL PREP →

Wrap-Up Reflection:

How can *you* hold yourself accountable to following through with these actions? How can you lean on your teammates to help hold you accountable?

END OF SEASON GOAL: