

INSTRUCTIONS for WIN THE DAY



Win the Day pages are meant to be completed as part of your daily routine to develop winning habits.

WORD OF THE WEEK (Morning)

You will write your chosen "Word of the Week" here every day to drive home the importance of the word you chose.

A.M. GRATITUDE (Morning)

Did you know it is impossible to be negative and grateful at the same time? Starting your day with gratitude is an effective way to set the tone for the day. Before school, take a few moments and quietly write down 2-3 things that you are grateful for. Ideas in the appendix.

SLEEP (Morning)

When you sleep, your body and your brain recover and repair.

Getting ample sleep is crucial to peak performance.

Talk with your parents and coaches about how much sleep you should be getting. Become mindful of your sleep routine by recording the time you go to bed and wake up.

SCREEN TIME (Morning)

We all likely spend more time than we should on our phones. What could you be doing instead? Doing yoga, spending time with family, studying? Bring awareness to your phone habits by writing down your screen time from the day before, and setting a goal for the new day.

MEAL TRACKER

This section is **not** meant to be a food diary or log.

The goal is simply to bring awareness to what you are putting in your body. Fueling your body is vital to your overall health and well-being.

WATER INTAKE

Fill in a drop each time you finish a serving of water. Talk with your parents and coaches about how much water you should be drinking. Whatever your water intake goals are, make it part of your routine.

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HOMEWORK

Record any important assignments for each of your classes.

REMINDER TO

This is a place to write down quick notes to help you stay on top of any upcoming tasks. Maybe you need a reminder to talk to a teacher about an assignment, call a friend to wish them a happy birthday, or send an email to your coach.

Writing it down helps your brain stay organized.

3 GOALS FOR PRACTICE TODAY

It is difficult to go straight from the school day into practice. To prepare, spend time during the day developing goals for practice.

Focus on specific, intentional things you want to address during practice. Right before practice, take 5 minutes to review your goals.

HOW CAN I BE A BETTER TEAMMATE TODAY?

Think about what you can do to be a better teammate today.

Try to do one thing each day to help your team.

Refer to the appendix for ideas.

AFTER PRACTICE IMPROVEMENT

What can you do outside of today's practice time to improve?

This should be **in addition** to your normal practice plans.

Be specific and intentional. Examples included in the appendix.

AFTER PRACTICE REFLECTION

It is important for student-athletes to spend time reflecting.

Be honest with yourself and analyze what went well and what you could have done better.

NOTES

Use this section to record anything important to your sport.

Maybe you have scouting notes or need an extra reminder about an early morning practice.