

# TRU athlete's Weekly Calendar

TRUathlete's know if it's not scheduled, it won't happen.

DATE							
6:00a							
7:00a							
8:00a							
9:00a							
10:00a							
11:00a							
12:00p							
1:00p							
2:00p							
3:00p							
4:00p							
5:00p							
6:00p							
7:00p							
8:00p							
9:00p							
10:00p							

Activities Ledger

Build a schedule that fully supports all activities.

Use this ledger to track your daily activities!



- Practice (P)
- School (EDU)
- TRUtraining (TT)
- Competition (COMP)
- Strength & Conditioning (S&C)
- Work (W)
- Sleep (S)
- Nutrition (N)
- Hydration (H)
- Homework (HW)

Know Your WHY & Share Your Plan