

PLAN THE WHOLE WEEK.

A reusable planning page for any sport. Start with the commitments already on your calendar.

WEEK BEGINNING _____ SPORT(S) / ACTIVITIES _____

ONE FOCUS I CHOOSE

What would I like to notice, understand, or organize this week?

DAY	SPORT + TRAVEL	SCHOOL + FAMILY + OPEN TIME
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

SPACE I WANT TO PROTECT _____

OUR CHECK-IN TIME _____

Include the time around each session. An open space does not need to be filled.

REFLECT. CHOOSE. REPEAT.

Use your own words. Return to one moment from practice, competition, or the week around sport.

01 / WHAT DID I NOTICE?

Describe one moment. What happened, and what stood out to me?

02 / WHAT HELPED?

Which part of the routine or plan was useful? What would I keep?

03 / WHAT WOULD I CHANGE OR ASK?

Write one adjustment or one question to discuss with a parent or coach.

NEXT WEEK, MY FIRST SMALL STEP IS:

For families: let the athlete choose when to reflect and where to begin. A short note is enough; every box does not need an answer.

Trying this in your sport? Tell @aspathletics which page was useful and what was missing. Share feedback without names, schedules, or other personal details.