

STUDENT ATHLETE TRAINING TRACKER

Athlete Name:

Sport/Goal:

Start Date:

Target Points:

TRAINING ACTIVITY	M	T	W	T	F	S	S	PTS
Strength / Weight Room								
Cardio / Endurance								
Skill Drill / Practice								
Mobility / Recovery								
Hydration / Nutrition Goal								

Milestone Rewards

Small Reward (10 pts)

Medium Reward (25 pts)

Grand Prize (50 pts)

Coach/Parent Notes