



WEEKLY OBJECTIVE PLANNER

Aim: Get into the habit of dedicating at least 20-30 mins per day to hockey. Use this worksheet to schedule goals & objectives for each week with what to focus on daily.

[Also include what time you will do it to make sure that it gets done]

Date:	Objectives / Goals	Notes / Completed
Monday Time:		
Tuesday Time:		
Wednesday Time:		
Thursday Time:		
Friday Time:		
Saturday Time:		
Sunday Time:		
What did you do well this week?		
What you could do better next week?		