COMMITMENT TRACKING SHEET

NAME:	TWITTER HANDLE:	INSTAGRAM HANDLE:
PARENTS' NAMES:		
GOALS:		

WEEK 1	SLEEP	H2O	MEALS	SKILL WORK	PHYSICAL WORK	CONTINUING EDUCATION
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WEEK 2	SLEEP	H2O	MEALS	SKILL WORK	PHYSICAL WORK	CONTINUING EDUCATION
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WEEK 3	SLEEP	H2O	MEALS	SKILL WORK	PHYSICAL WORK	CONTINUING EDUCATION
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WEEK 4	SLEEP	H2O	MEALS	SKILL WORK	PHYSICAL WORK	CONTINUING EDUCATION
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COMMITMENT TRACKING SHEET

NAME:	TWITTER HANDLE:	INSTAGRAM HANDLE:
PARENTS' NAMES:		
GOALS:		

WEEK 5	SLEEP	H2O	MEALS	SKILL WORK	PHYSICAL WORK	CONTINUING EDUCATION
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WEEK 6	SLEEP	H2O	MEALS	SKILL WORK	PHYSICAL WORK	CONTINUING EDUCATION
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WEEK 7	SLEEP	H2O	MEALS	SKILL WORK	PHYSICAL WORK	CONTINUING EDUCATION
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WEEK 8	SLEEP	H2O	MEALS	SKILL WORK	PHYSICAL WORK	CONTINUING EDUCATION
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COMMITMENT TRACKING SHEET

Stickers AND Social Media recognition will be rewarded to those that complete a MINIMUM of 5 days in one category AND at least 3 days in another (Nutrition - all 3, Skill Work, Physical Work, and/or Continuing Education

WHAT TO TRACK…			
NUTRITION	SKILL WORK	PHYSICAL WORK	CONTINUING EDUCATION
Hours Slept The Previous Night	Pitch Types	Stretching	Watched YouTube Videos
Water Bottles Drank (16oz)	Mechanics	Long Distance	Read Articles (Blog, Magazine, Newspaper)
Meals Eaten (not including snacks)	Command	Sprints	Read/Reading a baseball, training, psychology, leadership, etc. book
	Pickoffs	Bike	
	Ground Balls	Bodyweight Exercises	
	Fly Balls	Gym Workouts	
	Catcher Drills		
	Outfield Footwork		
	Catcher Footwork		
	Arm Care (Plyo Throws)		
	Tee Work		
	Pitch Recognition		
	Soft Toss		
	Batting Practice		
	Swing Practice		