DATE OF ACTIVITY >	DATE			DATE		DATE				ATE	r	DATE			DATE		DATE		DATE		DATE			DATE		DATE		DATE		DATE	
CHECK TIME OF DAY COMPLETED >		MID		AM	MID			MID PI					ID P				PM AM	MID				MID			MID		MID		MID PI		
	AIVI	WID	PIWI	AIVI	WID	PIVI					- IVI							WILD		WILD		WID	PIVI	AIVI	WILD		WID				
STRETCHING																															
STANDING HAMSTRING STRETCHES																															
IT BAND STRETCH																															+
STANDING QUAD STRETCH									_																						+
FLAMINGO/STANDING PERIFORMIS STRETCH																														_	+
DOWNWARD DOG CALF STRETCH													_	_																	
BUTTERFLY STRETCH																														_	+
SEATED HAMSTRING STRETCH																														_	+
PRETZEL STRETCH																														_	
PIGEON STRETCH																															\square
SUPINE TWIST STRETCH																															
TRICEPS STRETCH																															
CROSSBODY STRETCH																															
DYNAMIC STRETCHING, STRENGTH, BALANCE																															
BIG ARM CIRCLES																															
HIP ROTATIONS (GORILLAS)																															
JUMPING JACKS																															
JUMPING JACKS																															
SQUAT TO JUMP																															
BIRD DOG																															
1 FOOT SQUATS																															
T-STAND																															+
SLOW ICE SKATERS									-	_																					
PUSH-UPS									_																						+
T-ROLLS																														_	+
SUPERMANS													_	_																	
CRUNCH SET																														_	+
CONTROLLED LEG DROPS							_							_		_														_	+
CARDIO/CONDITIONING																														_	
STANDARD SHUTTLE SPRINTS	-												_																		+ +
Always forwards	-	_							_																					_	\parallel
Forwards out, backwards back																															$\parallel \parallel$
Aways backwards																															
Shuffle																															
OUT 1 BACK 1 SHUTTLE SPRINTS																															
Always forwards																															
Forwards out, backwards back																															
Aways backwards																															
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SHUTTLE BOX	1	1							1		\neg			+		\uparrow															
	1															+															
Forward – shuffle – backwards – shuffle.	-	-											-			+		-													+
Forward – diagonal – forward – diagonal	-	+					+		+		 +		+	+		+														+	++
Forward broad jumps – cross overs – backward broad jumps – cross overs		1																1				I									