



TAW Performance Habits Daily Worksheet

Fill out this worksheet every night to plan your next day. This will help you maximize your time and effort, and most importantly, enhance your health and performance.

Habits are the “small hinges that swing big doors” when it comes to your health, fitness and performance, and this simple to use worksheet is the accelerant to help you establish habits!

1) Fill out the following tables for each day of the week the night before, and try to stick to them as best you can...I know the times you complete various task may change as days can get crazy, just make sure they get done!

Example Day

| Task | Detail | Time to Complete |
|---------------------------------|---|----------------------------------|
| What's for Breakfast? | Almond Joy Oatmeal | 5:30am |
| What's for Lunch? | Greek Yogurt Chicken Salad | 12pm |
| What's for Dinner? | Mesculan Salad w. Salmon | 5pm |
| Training Session | Day 1 program: Full Body Resistance | 10am |
| Extra Foam Roll / Mobility Work | Hip flexor, adductor, back | 8:30pm while watching a show |
| Destress / Take a Nap / Walk | Read for 10 mins, 20 minute nap | 12:30pm after lunch |
| Gratitude / Appreciation | Call 1 friend and grandparents | 1:15pm during afternoon walk |
| Sleep | 7-8 hours of sleep | In bed by 9:30pm, asleep by 10pm |
| What are my Goals for Today | coach all sessions, finish programs & outline article, wrestle with Caden | 6-10am; 2-4pm; before bath time |

Monday

| Task | Detail | Time to Complete |
|---------------------------------|--------|------------------|
| What's for Breakfast? | | |
| What's for Lunch? | | |
| What's for Dinner? | | |
| Training Session | | |
| Extra Foam Roll / Mobility Work | | |
| Destress / Take a Nap / Walk | | |
| Gratitude / Appreciation | | |
| Sleep | | |
| What are my Goals for Today | | |

Tuesday

| Task | Detail | Time to Complete |
|---------------------------------|--------|------------------|
| What's for Breakfast? | | |
| What's for Lunch? | | |
| What's for Dinner? | | |
| Training Session | | |
| Extra Foam Roll / Mobility Work | | |
| Destress / Take a Nap / Walk | | |
| Gratitude / Appreciation | | |
| Sleep | | |
| What are my Goals for Today | | |

Wednesday

| Task | Detail | Time to Complete |
|---------------------------------|--------|------------------|
| What's for Breakfast? | | |
| What's for Lunch? | | |
| What's for Dinner? | | |
| Training Session | | |
| Extra Foam Roll / Mobility Work | | |
| Destress / Take a Nap / Walk | | |
| Gratitude / Appreciation | | |
| Sleep | | |
| What are my Goals for Today | | |

Thursday

| Task | Detail | Time to Complete |
|---------------------------------|--------|------------------|
| What's for Breakfast? | | |
| What's for Lunch? | | |
| What's for Dinner? | | |
| Training Session | | |
| Extra Foam Roll / Mobility Work | | |
| Destress / Take a Nap / Walk | | |
| Gratitude / Appreciation | | |
| Sleep | | |
| What are my Goals for Today | | |



Friday

| Task | Detail | Time to Complete |
|---------------------------------|--------|------------------|
| What's for Breakfast? | | |
| What's for Lunch? | | |
| What's for Dinner? | | |
| Training Session | | |
| Extra Foam Roll / Mobility Work | | |
| Destress / Take a Nap / Walk | | |
| Gratitude / Appreciation | | |
| Sleep | | |
| What are my Goals for Today | | |

Saturday

| Task | Detail | Time to Complete |
|---------------------------------|--------|------------------|
| What's for Breakfast? | | |
| What's for Lunch? | | |
| What's for Dinner? | | |
| Training Session | | |
| Extra Foam Roll / Mobility Work | | |
| Destress / Take a Nap / Walk | | |
| Gratitude / Appreciation | | |
| Sleep | | |
| What are my Goals for Today | | |

Sunday

| Task | Detail | Time to Complete |
|---------------------------------|--------|------------------|
| What's for Breakfast? | | |
| What's for Lunch? | | |
| What's for Dinner? | | |
| Training Session | | |
| Extra Foam Roll / Mobility Work | | |
| Destress / Take a Nap / Walk | | |
| Gratitude / Appreciation | | |
| Sleep | | |
| What are my Goals for Today | | |



Performance Habits Single Day Worksheet

If you'd rather print a larger, single day worksheet every day, here you go...

Crush Your Day!

| Task | Detail | Time to Complete |
|---------------------------------|--------|------------------|
| What's for Breakfast? | | |
| What's for Lunch? | | |
| What's for Dinner? | | |
| Training Session | | |
| Extra Foam Roll / Mobility Work | | |
| Destress / Take a Nap / Walk | | |
| Gratitude / Appreciation | | |
| Sleep | | |
| What are my Goals for Today | | |