

#665CHALLENGE - WEEKLY PLANNER

NAME:

WEEK NUMBER:

HOT SHOTS
CARL DOUGLAS TENNIS COACHING

DID YOU KNOW THAT THE LONGEST TENNIS MATCH IN HISTORY TOOK PLACE AT WIMBLEDON IN 2010 AND LASTED 11 HOURS 5 MINS (OR 665 MINUTES!!)
JOIN COACH CARL ON OUR 6 WEEK SELF IMPROVEMENT CHALLENGE: 6 FITNESS CHALLENGES/WEEK, 6 SKILLS PRACTICES/WEEK, 5 MINDFUL TIMES/WEEK

CHALLENGE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

FITNESS SESSION



GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER

GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER

GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER

GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

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LTA TENNIS FIT

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GET MOVING*

PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

OTHER

SKILLS PRACTICE



PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

PRACTICE/PRACTICE

COACH CARL'S WEEKLY SKILLS CHALLENGE

MINDFUL



BE KIND TO YOUR MIND

RELAX/YOGA

READ A BOOK

MUSIC/PODCAST

OTHER

BE KIND TO YOUR MIND

RELAX/YOGA

READ A BOOK

MUSIC/PODCAST

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Join me on the #665Challenge!



*DAILY FITNESS TARGET 15-20 MINS, SKILLS PRACTICE 10MINS, BE MINDFUL EACH DAY