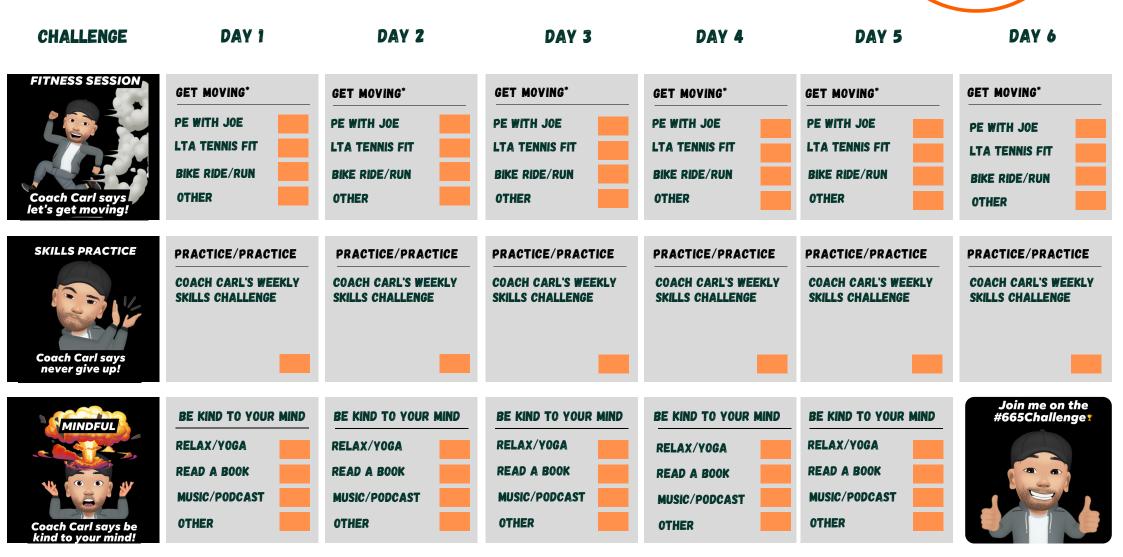
#665CHALLENGE - WEEKLY PLANNER

NAME:

WEEK NUMBER:

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



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

HOT SHOTS