

#665CHALLENGE - WEEKLY PLANNER (KIDS)

HOT SHOTS
CARL DOUGLAS TENNIS COACHING

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 CHALLENGES/WEEK, 5 GOOD DEEDS/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

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PE WITH JOE

LTA TENNIS FIT

BIKE RIDE/RUN

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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



GOOD DEEDS



DEED FOR THE DAY!

TIDY ROOM

HOOVER/DISHES

MAKE MEAL

OTHER

DEED FOR THE DAY!

TIDY ROOM

HOOVER/DISHES

MAKE MEAL

OTHER

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TIDY ROOM

HOOVER/DISHES

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HOOVER/DISHES

MAKE MEAL

OTHER

Join me on the #665Challenge!



*DAILY FITNESS TARGET 15-20 MINS, SKILLS PRACTICE 10MINS, 1 GOOD DEED PER DAY