

PRECISION HOCKEY TRAINING

6 WEEK CHALLENGE CHECKLIST

| | 1-ON-1 TRAINING | AT HOME PRACTICE | WEEKLY CHECK IN |
|--------|--------------------------|---|--------------------------|
| WEEK 1 | <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 2 | <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 3 | <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 4 | <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 5 | <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 6 | <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> |