The Non-League Network

thenon-leaguenetwork.co.uk/

Weekly Habit Tracker

Player Details

Name:

Week Beginning:

My Main Focus This Week

The habit I want to improve:

Why is this important for my football?

Weekly Habit Tracker

Habit	Monday	Tuesday	Weds	Thurs	Friday	Saturday	Sunday
Training completed	☐	☐	☐	☐	☐	☐	☐
Recovery completed	☐	☐	☐	☐	☐	☐	☐
Mobility / stretching	☐	☐	☐	☐	☐	☐	☐
Sleep target achieved	☐	☐	☐	☐	☐	☐	☐
Hydration	☐	☐	☐	☐	☐	☐	☐
Nutrition choices	☐	☐	☐	☐	☐	☐	☐
Individual development	☐	☐	☐	☐	☐	☐	☐
Football learning	☐	☐	☐	☐	☐	☐	☐

Add your own habits that support your development.

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

End Of Week Review

What habits did I complete well?

What habits need more focus?

What is my focus for next week?

Next Step

Review your habits and use what you have learned to improve your next week.

Combine this with your:

Weekly Football Planner

to create a consistent routine that supports your goals.

Related Resources

🧰 Season Goal Planner
🧰 Weekly Football Planner