The Non-League Network

thenon-leaguenetwork.co.uk/

Weekly Football Planner

This Week's Main Goal

My Weekly Schedule

Day	Football	Gym / Fitness	Recovery	Other Commitments	Complete ✓
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

This Week's Habits

Tick each habit you want to complete this week.

- Complete all football sessions
- Complete all planned gym sessions
- Complete recovery sessions
- Stretch or mobilise regularly
- Drink enough water
- Eat well
- Get enough sleep
- Spend time learning (watch football, analyse a game or complete an NLN Mission)

Notes

End of Week Review

What went well?

What could I improve?

One thing I'll focus on next week