**Identity 2.0 Weekly Tracker**

Start Date:

End Date:

| **Goal # of****Training****Sessions (week)** | **Development Component** | **Session Ideas** | **Length of****Session****Blocks****(MInutes)** | **Tally (# of Sessions****Completed)** |
| --- | --- | --- | --- | --- |
| **Mental**  |
|  | Focus | Meditation, breath work,  |  |  |
|  | Mental Programming | Emotional, thoughts,  |  |  |
|  | Hockey IQ | Mental programming session + Decision making, visualization, intelligym, brain games, reaction training |  |  |
| **Skill** |
|  | Skills (Off Ice) | skating, hands, shooting, battling, games, passing |  |  |
|  | Skills (On Ice) | skating, hands, shooting, battling, games, passing |  |  |
| **Body** |
|  | Straight Speed  | Start, mid-speed, top speed |  |  |
|  | Agility  | angular, reverse, bounding |  |  |
|  | Cardio  | Intervals, mid-distance, long, circuit style, breath work |  |  |
|  | Mobility / Injury Prevention | static stretching, mobility,rolling, massage |  |  |
|  | Resistance Training  | Follow program |  |  |

\*\*\*Fill out weekly and then schedule calendar\*\*\*

**Weekly Planner**

Use this to decide what days you will do what takes

| Day | Training Sessions Plan | Training Quality (1-10) | Notes |
| --- | --- | --- | --- |
| Mon |  |  |  |
| Tue |  |  |  |
| Wed  |  |  |  |
| Thu |  |  |  |
| Fri |  |  |  |
| Sat |  |  |  |
| Sun |  |  |  |