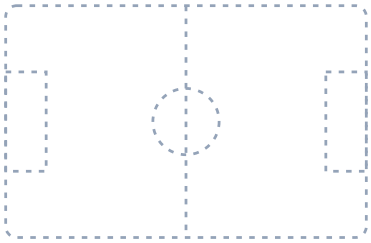
SSTRACKER
Scintillation Skills Tracker

# MY TRAINING WEEK

FIRST NAME _____ SPORT _____ WEEK OF _____

| DAY | WHAT WE PLAYED | DONE | HOW IT FELT |
|---|---|---|---|
| MON | | ○ | ☺ 😐 ☹ |
| TUE | | ○ | ☺ 😐 ☹ |
| WED | | ○ | ☺ 😐 ☹ |
| THU | | ○ | ☺ 😐 ☹ |
| FRI | | ○ | ☺ 😐 ☹ |
| SAT | | ○ | ☺ 😐 ☹ |
| SUN | | ○ | ☺ 😐 ☹ |

### DRAW THE GAME



### PATCHES

**DRAW ONE WHEN YOU FINISH**

○ ○ ○

### GROWN-UP'S CORNER

**"WHAT WAS THE BEST PART?"**

Ask what was fun first.

Rest days are part of the plan. Stop if anything hurts.