



# WIN THE DAY

A PLANNER FOR STUDENT-ATHLETES





Thank you for using the *Win the Day* Planner!

This planner was developed with the insight gained from years of working with athletes of all ages and abilities.

Humans are creatures of habit, both good and bad.

We are a product of the actions that we continually take.

Over time, I came to the realization that building a personal or team culture of winning revolves around forming good habits.

This planner is a tool to do just that.

Making gratitude a part of your morning routine will set the tone for your day in a positive direction.

Putting your tasks down on paper will calm your brain and help you focus.

Setting intentional goals and benchmarks will keep you moving in the right direction.

Taking time for honest self-reflection will help clarify your goals and plans.

This is an 18-week planner, aligning with the length of a traditional sports season - or whatever season of life that may cover for you.

It is our hope that this planner will help you create winning habits that last with you for a lifetime.

We are confident that if you use this planner consistently as a part of your daily routine, you will become a better athlete, student, teammate, friend, and most importantly - a better person.

Thank you,

Dan and the *Win the Day* Team



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[@winthedayplanner](https://www.instagram.com/winthedayplanner)



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# INSTRUCTIONS for WIN THE WEEK



*Win the Week* pages are meant to be completed on Sunday. We want you to view this as a chance to prepare for the week ahead, and also reflect on the previous week.

## WEEKLY QUOTE

The *Win the Day* team will provide a quote each week that we feel will help inspire and motivate you. Be sure to read the quote and spend time thinking about how it may apply to you, your schoolwork, and your sport.

## WORD OF THE WEEK

The "Word of the Week" can be chosen by you or your team. Choosing a word to focus on all week helps keep you on track. Pick a word that you can really be intentional about this week. Examples included in the appendix.

## QUOTE REFLECTION

Take a few moments to journal about what the weekly quote means to you and how it applies to your team.

## WORD OF THE WEEK REFLECTION

Why did you or your team choose that word? When you understand the reason you picked it, you are more likely to act on it.

## READING OR LISTENING

Record any books you are reading or podcasts you are listening to this week that will help you succeed. Book and podcast recommendations included in the appendix.

## WEEKLY PLANNER

Use this section to write down any important assignments, appointments, games, family or social commitments you have to help structure your week.

# INSTRUCTIONS for WIN THE WEEK



## WEEKLY REFLECTION

This is a chance to look back on your previous week.  
What did you do well according to your daily sheets? In  
what areas can you improve?

## WEEKLY GOALS

These can be academic goals or athletic goals.  
Try to list 2-3 each week.  
Examples of weekly goals included in the appendix.

## PERSONAL SEASON GOALS

Writing down your personal goals has been  
shown to be a highly productive tool.  
In this space, record specific and measurable goals for yourself.  
You can always change your goals.  
Examples of personal season goals included in the appendix.

## TEAM SEASON GOALS

Writing down your team goal or goals is important as well.  
Make sure your goals are measurable and specific.  
Examples of team season goals included in the appendix.

## GRADE CHECK-IN

This is a spot for you to check your current grades in all of your classes.  
If you stay on top of your grades, you can spend more time focusing  
on improving at your sport.

## NOTES

Use the weekly note section to write down anything pertaining to  
your grades. Have makeup work to do from a game day?  
Have an extra credit opportunity? Record those things here.

# INSTRUCTIONS for WIN THE DAY



*Win the Day* pages are meant to be completed as part of your daily routine to develop winning habits.

## WORD OF THE WEEK (Morning)

You will write your chosen "Word of the Week" here every day to drive home the importance of the word you chose.

## A.M. GRATITUDE (Morning)

Did you know it is impossible to be negative and grateful at the same time? Starting your day with gratitude is an effective way to set the tone for the day. Before school, take a few moments and quietly write down 2-3 things that you are grateful for. Ideas in the appendix.

## SLEEP (Morning)

When you sleep, your body and your brain recover and repair.

Getting ample sleep is crucial to peak performance.

Talk with your parents and coaches about how much sleep you should be getting. Become mindful of your sleep routine by recording the time you go to bed and wake up.

## SCREEN TIME (Morning)

We all likely spend more time than we should on our phones. What could you be doing instead? Doing yoga, spending time with family, studying? Bring awareness to your phone habits by writing down your screen time from the day before, and setting a goal for the new day.

## MEAL TRACKER

This section is **not** meant to be a food diary or log.

The goal is simply to bring awareness to what you are putting in your body. Fueling your body is vital to your overall health and well-being.

## WATER INTAKE

Fill in a drop each time you finish a serving of water. Talk with your parents and coaches about how much water you should be drinking. Whatever your water intake goals are, make it part of your routine.

# INSTRUCTIONS for WIN THE DAY



## HOMework

Record any important assignments for each of your classes.

## REMInder TO

This is a place to write down quick notes to help you stay on top of any upcoming tasks. Maybe you need a reminder to talk to a teacher about an assignment, call a friend to wish them a happy birthday, or send an email to your coach.

Writing it down helps your brain stay organized.

## 3 GOALS FOR PRACTICE TODAY

It is difficult to go straight from the school day into practice. To prepare, spend time during the day developing goals for practice. Focus on specific, intentional things you want to address during practice. Right before practice, take 5 minutes to review your goals.

## HOW CAN I BE A BETTER TEAMMATE TODAY?

Think about what you can do to be a better teammate today.

Try to do one thing each day to help your team.

Refer to the appendix for ideas.

## AFTER PRACTICE IMPROVEMENT

What can you do outside of today's practice time to improve?

This should be **in addition** to your normal practice plans. Be specific and intentional. Examples included in the appendix.

## AFTER PRACTICE REFLECTION

It is important for student-athletes to spend time reflecting.

Be honest with yourself and analyze what went well and what you could have done better.

## NOTES

Use this section to record anything important to your sport.

Maybe you have scouting notes or need an extra reminder about an early morning practice.

# WIN THE WEEK

WEEK 1

“Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”

JOHN WOODEN

WORD OF THE WEEK

QUOTE REFLECTION

WORD OF THE WEEK REFLECTION

READING OR LISTENING:

MON	TUE	WED	THU	FRI	SAT

# WIN THE WEEK

WEEK 1

## WEEKLY REFLECTION

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## WEEKLY GOALS

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## PERSONAL SEASON GOALS

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## TEAM SEASON GOALS

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Class	1	2	3	4	5	6	7	8
Grade								

NOTES:

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WEEK  
1

# WIN THE DAY

MONDAY

Date:     /     /

“Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”  
JOHN WOODEN

## WORD OF THE WEEK

## A.M. GRATITUDE

## SLEEP

TIME TO BED

WAKE UP

## SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

## MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

## WATER INTAKE



## REMINDER TO:

## HOMEWORK

CLASS

ASSIGNMENT

## 3 GOALS FOR PRACTICE TODAY

## HOW CAN I BE A BETTER TEAMMATE TODAY?

## AFTER PRACTICE IMPROVEMENT

## AFTER PRACTICE REFLECTION

## NOTES

WEEK  
1

# WIN THE DAY

TUESDAY

Date:     /     /

“Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”  
JOHN WOODEN

## WORD OF THE WEEK

## SLEEP

TIME TO BED

WAKE UP

## A.M. GRATITUDE

## SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

## MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

## WATER INTAKE



## REMINDER TO:

## HOMEWORK

CLASS

ASSIGNMENT

## 3 GOALS FOR PRACTICE TODAY

## HOW CAN I BE A BETTER TEAMATE TODAY??

## AFTER PRACTICE IMPROVEMENT

## AFTER PRACTICE REFLECTION

## NOTES

WEEK  
1

# WIN THE DAY

WEDNESDAY

Date:     /     /

“Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”  
JOHN WOODEN

## WORD OF THE WEEK

## A.M. GRATITUDE

## SLEEP

TIME TO BED

WAKE UP

## SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

## MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

## WATER INTAKE



## REMINDER TO:

## HOMEWORK

CLASS

ASSIGNMENT

## 3 GOALS FOR PRACTICE TODAY

## HOW CAN I BE A BETTER TEAMATE TODAY??

## AFTER PRACTICE IMPROVEMENT

## AFTER PRACTICE REFLECTION

## NOTES

WEEK  
1

# WIN THE DAY

THURSDAY

Date:     /     /

“Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”  
JOHN WOODEN

## WORD OF THE WEEK

## A.M. GRATITUDE

## SLEEP

TIME TO BED

WAKE UP

## SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

## MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

## WATER INTAKE



## REMINDER TO:

## HOMEWORK

CLASS

ASSIGNMENT

## 3 GOALS FOR PRACTICE TODAY

## HOW CAN I BE A BETTER TEAMMATE TODAY?

## AFTER PRACTICE IMPROVEMENT

## AFTER PRACTICE REFLECTION

## NOTES

WEEK  
1

# WIN THE DAY

FRIDAY

Date:     /     /

“Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”  
JOHN WOODEN

## WORD OF THE WEEK

## A.M. GRATITUDE

## SLEEP

TIME TO BED

WAKE UP

## SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

## MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

## WATER INTAKE



## REMINDER TO:

## HOMEWORK

CLASS

ASSIGNMENT

## 3 GOALS FOR PRACTICE TODAY

## HOW CAN I BE A BETTER TEAMMATE TODAY?

## AFTER PRACTICE IMPROVEMENT

## AFTER PRACTICE REFLECTION

## NOTES

WEEK  
1

# WIN THE DAY

SATURDAY

Date:     /     /

“Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.”  
JOHN WOODEN

## WORD OF THE WEEK

## A.M. GRATITUDE

## SLEEP

TIME TO BED

WAKE UP

## SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

## MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

## WATER INTAKE



## REMINDER TO:

## HOMEWORK

CLASS

ASSIGNMENT

## 3 GOALS FOR PRACTICE TODAY

## HOW CAN I BE A BETTER TEAMMATE TODAY?

## AFTER PRACTICE IMPROVEMENT

## AFTER PRACTICE REFLECTION

## NOTES

# WIN THE WEEK

WEEK 2

“

Passion is a huge prerequisite to winning.

KERRI WALSH JENNINGS

”

WORD OF THE WEEK

QUOTE REFLECTION

WORD OF THE WEEK REFLECTION

READING OR LISTENING:

MON	TUE	WED	THU	FRI	SAT

# WIN THE WEEK

WEEK 2

WEEKLY REFLECTION

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WEEKLY GOALS

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PERSONAL SEASON GOALS

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TEAM SEASON GOALS

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Class	1	2	3	4	5	6	7	8
Grade								

NOTES:

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WEEK  
2

# WIN THE DAY

MONDAY

Date:     /     /

“

Passion  
is a huge  
prerequisite  
to winning.

KERRI WALSH  
JENNINGS

”

WORD OF THE WEEK

A.M. GRATITUDE

SLEEP

TIME TO BED

WAKE UP

SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

WATER INTAKE



REMINDER TO:

HOMEWORK

CLASS

ASSIGNMENT

3 GOALS FOR  
PRACTICE TODAY

HOW CAN I BE A BETTER  
TEAMMATE TODAY?

AFTER PRACTICE  
IMPROVEMENT

AFTER PRACTICE  
REFLECTION

NOTES

WEEK  
2

# WIN THE DAY

TUESDAY

Date:     /     /

“

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JENNINGS

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WORD OF THE WEEK

A.M. GRATITUDE

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TIME TO BED

WAKE UP

SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

WATER INTAKE



REMINDER TO:

HOMEWORK

CLASS

ASSIGNMENT

3 GOALS FOR  
PRACTICE TODAY

HOW CAN I BE A BETTER  
TEAMMATE TODAY?

AFTER PRACTICE  
IMPROVEMENT

AFTER PRACTICE  
REFLECTION

NOTES

WEEK  
2

# WIN THE DAY

WEDNESDAY

Date:     /     /

“

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WORD OF THE WEEK

A.M. GRATITUDE

SLEEP

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SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

MEAL TRACKER

BREAKFAST:

LUNCH:

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3 GOALS FOR  
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WEEK  
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PRACTICE TODAY

HOW CAN I BE A BETTER  
TEAMMATE TODAY?

AFTER PRACTICE  
IMPROVEMENT

AFTER PRACTICE  
REFLECTION

NOTES

WEEK  
2

# WIN THE DAY

FRIDAY

Date:     /     /

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## WORD OF THE WEEK

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## A.M. GRATITUDE

## SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

## MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

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## 3 GOALS FOR PRACTICE TODAY

## HOW CAN I BE A BETTER TEAMMATE TODAY?

## AFTER PRACTICE IMPROVEMENT

## AFTER PRACTICE REFLECTION

## NOTES

WEEK  
2

# WIN THE DAY

SATURDAY

Date:     /     /

“

Passion  
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KERRI WALSH  
JENNINGS

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WORD OF THE WEEK

A.M. GRATITUDE

SLEEP

TIME TO BED

WAKE UP

SCREEN TIME

YESTERDAY

TODAY'S  
GOAL

MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

WATER INTAKE



REMINDER TO:

HOMEWORK

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3 GOALS FOR  
PRACTICE TODAY

HOW CAN I BE A BETTER  
TEAMMATE TODAY?

AFTER PRACTICE  
IMPROVEMENT

AFTER PRACTICE  
REFLECTION

NOTES

# APPENDIX

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- A. "WORD OF THE WEEK" EXAMPLES
- B. GRATITUDE EXAMPLES
- C. WAYS TO BE A BETTER TEAMMATE
- D. IDEAS FOR AFTER PRACTICE IMPROVEMENT
- E. SAMPLE GOAL SETTING
- F. RECOMMENDATIONS FOR BOOKS AND PODCASTS

## A. "WORD OF THE WEEK" EXAMPLES

- Consistency
- Gratitude
- Grit
- Positivity
- Presence

## B. GRATITUDE EXAMPLES

- Your health
- A safe place to sleep at night
- A support system
- A coach that cares
- Your team
- Faith
- Favorite teacher
- Favorite coach
- Your family
- Confidence

# APPENDIX

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## C. WAYS TO BE A BETTER TEAMMATE

- Get to know 1 teammate better each day. Ask them questions beyond your sport. What do they like to do outside of school? What goals do they have? Show a genuine care for them as a person and a teammate.
- Don't be an energy drainer. You have been around those teammates before who drain the energy right from the practice. Instead, make a conscious effort to create a positive energy.
- Be a "come with me" teammate. Encourage others to join you for an extra workout or to scout a team. Be the person who invites others to join in on your winning habits.
- Schedule a team building volunteer event. Team building events that are "fun" are great, but team building events that give back to the local community tend to bring teammates even closer together.
- Show your gratitude. Let your teammates know you are thankful for them, and that you see their hard work and dedication. A simple acknowledgement of appreciation can go a long way.

## D. IDEAS FOR AFTER PRACTICE IMPROVEMENT

- 30 minutes of yoga to increase flexibility and breath work.
- 1-mile timed run to increase cardiovascular endurance.
- 30 minutes of extra work focusing on a particular skill.
- 30 minutes of film study on your own game or an opponent.
- 15 minutes of guided visualization about a big game.



# APPENDIX

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## E. SAMPLE GOAL SETTING

Quality goals must be **specific** and have a **time frame**.

For example, at the end of the season (time), I want to have 10 tackles for a loss (specific).

### GOALS FOR TODAY'S PRACTICE

- Focus on my footwork on 5 step drop. (Football)
- Handfighting before attacking. (Wrestling)
- Approach to the net footwork. (Volleyball)
- Focus on winning and controlling the first touch. (Soccer)
- Focus on better leading during my passes. (Field Hockey)

### WEEKLY GOALS

- Score a 90 or above on all my tests this week.
- Win both games this week.
- Break my PR for my home course at Thursday's meet.

### PERSONAL SEASON GOALS

- Have 10 tackles for a loss this season.
- End the season with a batting average over .300.
- Score 20 goals during the season.
- Place top 6 in the state tournament.
- Run a sub 20-minute race by the end of the season.
- Move up to varsity by the end of the season.

### TEAM SEASON GOALS

- Have full team attendance at 3 team building events.
- Place top 3 in the state tournament.
- Win the regional championship.
- Finish the season with 10 or more wins.
- Finish the season with 30 members of our team.
- Volunteer over 250 hours by the end of the season.

# APPENDIX

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## F. RECOMMENDATIONS FOR BOOKS AND PODCASTS

This list is based on the *Win the Day* team's opinion and experiences working with middle school, high school and college aged athletes during book clubs. Please visit our Instagram using the QR code below to recommend additional books and podcasts.

### BOOKS

- A Game Plan for Life - John Wooden
- Atomic Habits - James Clear
- Chop Wood, Carry Water - Joshua Medcalf
- Energy Bus - Jon Gordon
- Grit - Angela Duckworth
- Hard Hat - Jon Gordon
- Legacy - James Kerr
- Make Your Bed - William H. McRaven
- Sum It Up - Pat Summitt
- The Mamba Mentality: How I Play - Kobe Bryant
- Training Camp - Jon Gordon
- What Drives Winning - Brett Ledbetter
- Wolfpack - Abby Wambach

### PODCASTS

- John Maxwell Leadership Podcast
- Jon Gordon Positive University Podcast

