



TRAIN LIKE STORM

MY 7-DAY ROUTINE CHALLENGE TURN YOUR PLAN INTO ACTION

You've learnt about managing your time and created your weekly plan. Now comes the important part: putting it into action.

For the next seven days, you are going to test your plan and some of the routines that can help you stay organised and prepared. Your week probably won't go exactly to plan, and that's okay. Training times can change, homework can take longer than expected and unexpected things happen.

The goal isn't to have a perfect seven days. The goal is to notice what works, what gets in the way and what you could change to make your routine work better for you.

Build Your Routines

Your weekly planner tells you what you need to do. Your routines help you work out how you can do those things consistently.

Use the ideas below as a starting point. Tick the actions you want to include and add your own.

Before School

- ☐ Wake up with enough time to get ready without rushing
- ☐ Eat breakfast
- ☐ Check that I have everything I need for school

What else could help you start your day well?



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Before Training

- ☐ Stay hydrated throughout the day
- ☐ Eat an appropriate meal or snack before training
- ☐ Check and pack my netball gear
- ☐ Complete any important schoolwork
- ☐ Check what time I need to leave

What else could help you arrive at training prepared and ready to go?

Evening

- ☐ Prepare what I need for tomorrow
- ☐ Give myself time to wind down
- ☐ Reduce screen time before bed
- ☐ Aim for a consistent bedtime

What else could help you finish your day and prepare for the next one?



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My Routine Focus

You don't need to change everything at once. Which part of your routine would you most like to improve over the next seven days?

What is **one** action you will focus on?

Take The 7-Day Challenge

For the next seven days, try to follow the weekly plan and routines you have created. At the end of each day, think about three simple questions:

1. What did I do well today?
2. What distracted me or didn't go to plan?
3. What is one thing I can do differently tomorrow?

You don't need to write a long answer every day. You can make a quick note in your phone or notebook, or talk it through with a parent, family member or friend. Then record how closely you followed your plan.



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Athlete Reflection

How well were you able to follow your seven-day plan today?

DAY	AS PLANNED	MOSTLY	NOT TODAY
Day 1 - _____	☐	☐	☐
Day 2 - _____	☐	☐	☐
Day 3 - _____	☐	☐	☐
Day 4 - _____	☐	☐	☐
Day 5 - _____	☐	☐	☐
Day 6 - _____	☐	☐	☐
Day 7 - _____	☐	☐	☐



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Ticking *Mostly* or *Not Today* isn't a failure. It gives you useful information about what happened and whether your original plan was realistic.

The important part is recognising why something didn't work and deciding whether there is anything you could do differently next time.

BONUS CHALLENGE: Find 15 Minutes

Small changes can add up.

Choose **one** activity or distraction that you could reduce by just 15 minutes each day.

You could use those 15 minutes to start some homework, prepare your bag for the following day, complete a recovery activity, read, practise a netball skill, spend time with family or do something else that supports one of your priorities.

Fifteen minutes might not sound like much, but over seven days it adds up to 1 hour and 45 minutes.

What will I reduce?

What will I use those 15 minutes for instead?



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End Of Week Reflection

You've completed your seven-day challenge. Now take a few minutes to think about what you discovered.

This isn't about judging whether you had a "good" or "bad" week. Your goal is to use what you have learnt to make your next week work even better.

1. What did I learn about how I use my time?
2. What was my biggest success this week?
3. What didn't work as well as I had expected?
4. What habit or routine do I want to continue next week?
5. What is one change I will make to my plan next week?
6. How could better time management and routines help me as an athlete?

Remember

Managing your time isn't about trying to fit more and more into every day.

It's about making time for what matters, preparing for your commitments and building small routines that help you consistently do the things that support your goals.

Small actions, repeated consistently, can make a big difference over time.