



TRAIN LIKE STORM

MY WEEKLY PLANNER FROM PRIORITIES TO A PLAN

You have identified your priorities and thought about some of the routines and distractions that influence how you use your time. Now it's time to put that into practice.

A good weekly plan can help you see what is coming up, prepare for busy days and make sure important things don't get forgotten.

Your plan doesn't need to account for every minute of every day. It should give you a realistic picture of your commitments and help you decide when you will make time for school, netball, recovery, family, friends and yourself.

Where does my time go?

Before planning your ideal week, take a look at how you currently spend your time. Think about an average weekday and estimate how many hours you spend on each activity.

Your total should add up to approximately 24 hours.

ACTIVITY	HOURS	ACTIVITY	HOURS
Sleep	_____	Friends / Socialising	_____
School	_____	Travel	_____
Training / Sport	_____	Work	_____
Homework / Study	_____	Other: _____	_____
Social Media	_____	Other: _____	_____
TV / Gaming / Streaming	_____	Other: _____	_____
Family Time	_____	Other: _____	_____



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Athlete Reflection

Were you surprised by the amount of time you spend on any of these activities? Why?

Is there an activity that takes up more time than you expected?

Is there anything important that you aren't currently giving enough time to?

What is one realistic change that could improve how you use your time?



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Identify Your Non-Negotiables

Before you build your weekly plan, start with the things that need to happen.

Your non-negotiables are the commitments and important activities that need a place in your week. Tick the ones that apply to you and add anything else you need to consider.

☐ School	☐ Work
☐ Training	☐ Hobbies
☐ Games	☐ Travel
☐ Homework / Study	☐ Other: _____
☐ Sleep	☐ Other: _____
☐ Family Responsibilities	☐ Other: _____
☐ Friends & Social	☐ Other: _____
☐ Rest & Recovery	☐ Other: _____

Once you know what needs to fit into your week, think about when it needs to happen.

When will you complete homework or study? When will you prepare for training? When will you have time to rest and recover? What time do you need to go to bed to get enough sleep? Are there busy days where preparing something in advance could make things easier?

What Else Do I Need To Consider This Week?

Think about upcoming assignments, tests, games, appointments, family commitments, work shifts or anything else that could affect your week.



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Build Your Week

Start by adding the commitments that happen at a set time, such as school, training, games, appointments or work.

Then add the other things that are important to you, including homework or study, recovery, preparation, family time and social activities.

Remember to leave some space for yourself too. A good weekly plan isn't one that fills every available hour. It is one that helps you manage your commitments while still allowing time to rest and recharge.

Use the weekly planner on the next page to map out your week. If you need more space, or already use another planning method that works for you, that's okay too. You might use a diary or weekly planner, a notebook, or create your own schedule using Google Sheets or another planning app on your phone.

The important thing is to create a plan that is realistic, easy to follow and useful to you.



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My Weekly Planner							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							



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Before You Finish

Take one last look at your plan.

Have you allowed enough time for your important commitments? Have you included time to prepare rather than always rushing from one thing to the next? Have you left room for sleep, recovery, family, friends and downtime?

Most importantly: does your plan feel realistic?

You are going to test it over the next seven days, so don't worry about making it perfect. You can adjust it as you learn what works for you.

NEXT STEP: Put It Into Action

Your plan is ready. Now it's time to test it.

Use the *My 7-Day Routine Challenge* to build some simple routines, follow your plan for seven days and discover what works for you.