WORKSHEET **My 14-Day Routine Plan**

Write your move for each doorway. Then tick each doorway you used, and write the day's best catch on the line. On a packed day, the 2-minute version counts.

My moves (AM, Out, Home, Night): _____

Week 1

Mon ☐ AM ☐ Out ☐ Home ☐ Night _____

Tue ☐ AM ☐ Out ☐ Home ☐ Night _____

Wed ☐ AM ☐ Out ☐ Home ☐ Night _____

Thu ☐ AM ☐ Out ☐ Home ☐ Night _____

Fri ☐ AM ☐ Out ☐ Home ☐ Night _____

Sat ☐ AM ☐ Out ☐ Home ☐ Night _____

Sun ☐ AM ☐ Out ☐ Home ☐ Night _____

Week 2

Mon ☐ AM ☐ Out ☐ Home ☐ Night _____

Tue ☐ AM ☐ Out ☐ Home ☐ Night _____

Wed ☐ AM ☐ Out ☐ Home ☐ Night _____

Thu ☐ AM ☐ Out ☐ Home ☐ Night _____

Fri ☐ AM ☐ Out ☐ Home ☐ Night _____

Sat ☐ AM ☐ Out ☐ Home ☐ Night _____

Sun ☐ AM ☐ Out ☐ Home ☐ Night _____

A move that didn't fit, and what I swapped in: _____

My best catch of the two weeks: _____

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