

Athlete:

2009/2010 YEARLY PLANNER

Date valid from:

	April 2009	May 2009	June 2009	July 2009	August 2009	September 2009	October 2009	November 2009	December 2009	January 2010	February 2010	March 2010
1												
2												
3												
4												
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28												
29												
30												
31												
	2009	2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010

Insert you competition dates, goals and major KPI's
 When you are choosing and completing new music
 When you are starting and finalising your choreography
 When you are starting a new skill development

Indicate Time Off
 Then make a monthly planning guide and then for each month a weekly planning guide
 Then for each month a weekly planning guide
 The weekly planning guide may encompass multiple weeks

Athlete:

2009/2010 Monthly Planner

Date valid from:

2009 April

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
				1		2		3		4		5	
6		7		8		9		10		11		12	
13		14		15		15		17		18		19	
20		21		22		23		24		25		26	
27		28		29		30							

2009 May

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
								1		2		3	
4		5		6		7		8		9		10	
11		12		13		14		15		16		17	
18		19		20		21		22		23		24	
25		26		27		28		29		30		31	

Athlete:

2009/2010 Monthly Planner

Date valid from:

2009 June

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1		2		3		4		5		6		7	
8		9		10		11		12		13		14	
15		16		17		18		19		20		21	
22		23		24		25		26		27		28	
29		30											

2009 July

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
				1		2		3		4		5	
6		7		8		9		10		11		12	
13		14		15		16		17		18		19	
20		21		22		23		24		25		26	
27		28		29		30		31					

Athlete:

2009/2010 Monthly Planner

Date valid from:

2009 August

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
31												1		2	
3		4		5		6		7		8		9			
10		11		12		13		14		15		16			
17		18		19		20		21		22		23			
24		25		26		27		28		29		30			

2009 September

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		1		2		3		4		5		6	
7		8		9		10		11		12		13	
14		15		16		17		18		19		20	
21		22		23		24		25		26		27	
28		29		30									

Athlete:

2009/2010 Monthly Planner

Date valid from:

2009 October

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
					1			2		3		4	
5		6		7		8		9		10		11	
12		13		14		15		16		17		18	
19		20		21		22		23		24		25	
26		27		28		29		30		31			

2009 November

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
30												1	
2		3		4		5		6		7		8	
9		10		11		12		13		14		15	
16		17		18		19		20		21		22	
23		24		25		26		27		28		29	

Athlete:

2009/2010 Monthly Planner

Date valid from:

2009 December

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		1		2		3		4		5		6	
7		8		9		10		11		12		13	
14		15		16		17		18		19		20	
21		22		23		24		25		26		27	
28		29		30		31							

2010 January

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
								1		2		3	
4		5		6		7		8		9		10	
11		12		13		14		15		16		17	
18		19		20		21		22		23		24	
25		26		27		28		29		30		31	

Athlete:

2009/2010 Monthly Planner

Date valid from:

2010 February

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1		2		3		4		5		6		7	
8		9		10		11		12		13		14	
15		16		17		18		19		20		21	
22		23		24		25		26		27		28	

2010 March

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1		2		3		4		5		6		7	
8		9		10		11		12		13		14	
15		16		17		18		19		20		21	
22		23		24		25		26		27		28	
28		30		31									

Athlete:

2009/2010 WEEKLY PLANNER

Dates representing:

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Time	Task	Time	Task	Time	Task	Time	Task	Time	Task	Time	Task	Time	Task
6.00 am		6.00 am		6.00 am		6.00 am		6.00 am		6.00 am		6.00 am	
6.30 am		6.30 am		6.30 am		6.30 am		6.30 am		6.30 am		6.30 am	
7.00 am		7.00 am		7.00 am		7.00 am		7.00 am		7.00 am		7.00 am	
7.30 am		7.30 am		7.30 am		7.30 am		7.30 am		7.30 am		7.30 am	
8.00 am		8.00 am		8.00 am		8.00 am		8.00 am		8.00 am		8.00 am	
8.30 am		8.30 am		8.30 am		8.30 am		8.30 am		8.30 am		8.30 am	
9.00 am		9.00 am		9.00 am		9.00 am		9.00 am		9.00 am		9.00 am	
9.30 am		9.30 am		9.30 am		9.30 am		9.30 am		9.30 am		9.30 am	
10.00 am		10.00 am		10.00 am		10.00 am		10.00 am		10.00 am		10.00 am	
10.30 am		10.30 am		10.30 am		10.30 am		10.30 am		10.30 am		10.30 am	
11.00 am		11.00 am		11.00 am		11.00 am		11.00 am		11.00 am		11.00 am	
11.30 am		11.30 am		11.30 am		11.30 am		11.30 am		11.30 am		11.30 am	
12.00 pm		12.00 pm		12.00 pm		12.00 pm		12.00 pm		12.00 pm		12.00 pm	
12.30 pm		12.30 pm		12.30 pm		12.30 pm		12.30 pm		12.30 pm		12.30 pm	
1.00 pm		1.00 pm		1.00 pm		1.00 pm		1.00 pm		1.00 pm		1.00 pm	
1.30 pm		1.30 pm		1.30 pm		1.30 pm		1.30 pm		1.30 pm		1.30 pm	
2.00 pm		2.00 pm		2.00 pm		2.00 pm		2.00 pm		2.00 pm		2.00 pm	
2.30 pm		2.30 pm		2.30 pm		2.30 pm		2.30 pm		2.30 pm		2.30 pm	
3.00 pm		3.00 pm		3.00 pm		3.00 pm		3.00 pm		3.00 pm		3.00 pm	
3.30 pm		3.30 pm		3.30 pm		3.30 pm		3.30 pm		3.30 pm		3.30 pm	
4.00 pm		4.00 pm		4.00 pm		4.00 pm		4.00 pm		4.00 pm		4.00 pm	
4.30 pm		4.30 pm		4.30 pm		4.30 pm		4.30 pm		4.30 pm		4.30 pm	
5.00 pm		5.00 pm		5.00 pm		5.00 pm		5.00 pm		5.00 pm		5.00 pm	
5.30 pm		5.30 pm		5.30 pm		5.30 pm		5.30 pm		5.30 pm		5.30 pm	
6.00 pm		6.00 pm		6.00 pm		6.00 pm		6.00 pm		6.00 pm		6.00 pm	
6.30 pm		6.30 pm		6.30 pm		6.30 pm		6.30 pm		6.30 pm		6.30 pm	
7.00 pm		7.00 pm		7.00 pm		7.00 pm		7.00 pm		7.00 pm		7.00 pm	
7.30 pm		7.30 pm		7.30 pm		7.30 pm		7.30 pm		7.30 pm		7.30 pm	
8.00 pm		8.00 pm		8.00 pm		8.00 pm		8.00 pm		8.00 pm		8.00 pm	
8.30 pm		8.30 pm		8.30 pm		8.30 pm		8.30 pm		8.30 pm		8.30 pm	
9.00 pm		9.00 pm		9.00 pm		9.00 pm		9.00 pm		9.00 pm		9.00 pm	
9.30 pm		9.30 pm		9.30 pm		9.30 pm		9.30 pm		9.30 pm		9.30 pm	
10.00 pm		10.00 pm		10.00 pm		10.00 pm		10.00 pm		10.00 pm		10.00 pm	