

ACTIVITY TRACKER

MKSTORM



DAY

01 <input type="checkbox"/> Touches	02 <input type="checkbox"/> Touches <input type="checkbox"/> Workout 1	03 <input type="checkbox"/> Warm up <input type="checkbox"/> Training	04 <input type="checkbox"/> Warm up <input type="checkbox"/> Training	05 <input type="checkbox"/> Touches	06 <input type="checkbox"/> Touches <input type="checkbox"/> Workout 2	07 <input type="checkbox"/> Touches <input type="checkbox"/> Watch Ice Hockey
08 <input type="checkbox"/> Touches	09 <input type="checkbox"/> Touches <input type="checkbox"/> Workout 3	10 <input type="checkbox"/> Warm up <input type="checkbox"/> Training	11 <input type="checkbox"/> Warm up <input type="checkbox"/> Training	12 <input type="checkbox"/> Touches	13 <input type="checkbox"/> Touches <input type="checkbox"/> Workout 1	14 <input type="checkbox"/> Touches <input type="checkbox"/> Watch Ice Hockey
15 <input type="checkbox"/> Touches	16 <input type="checkbox"/> Touches <input type="checkbox"/> Workout 2	17 <input type="checkbox"/> Warm up <input type="checkbox"/> Training	18 <input type="checkbox"/> Warm up <input type="checkbox"/> Training	19 <input type="checkbox"/> Touches	20 <input type="checkbox"/> Touches <input type="checkbox"/> Workout 3	21 <input type="checkbox"/> Touches <input type="checkbox"/> Watch Ice Hockey
22 <input type="checkbox"/> Touches	23 <input type="checkbox"/> Touches <input type="checkbox"/> Workout 1	24 <input type="checkbox"/> Warm up <input type="checkbox"/> Training	25 <input type="checkbox"/> Warm up <input type="checkbox"/> Training	26 <input type="checkbox"/> Touches	27 <input type="checkbox"/> Touches <input type="checkbox"/> Workout 2	28 <input type="checkbox"/> Touches <input type="checkbox"/> Watch Ice Hockey
29 <input type="checkbox"/> Touches	30 <input type="checkbox"/> Touches <input type="checkbox"/> Workout 3	31 <input type="checkbox"/> Warm up <input type="checkbox"/> Training				

BODY - EVERYDAY

Your Body needs:

- A good routine, set bedtime and wake-up time
- Plenty of sleep (recommended 9-12hours)
- Healthy food
- Lots of water

Youth Nutrition

<https://www.hockeytraining.com/youth-game-day-nutrition/>