



WIN THE DAY

A PLANNER FOR STUDENT-ATHLETES





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THANK YOU FOR USING THE WIN THE DAY PLANNER!
THIS PLANNER WAS DEVELOPED WITH THE INSIGHT GAINED FROM
YEARS OF WORKING WITH ATHLETES OF ALL AGES AND ABILITIES.
WE ARE CONFIDENT THAT IF YOU INCORPORATE THIS PLANNER INTO YOUR
DAILY ROUTINE, YOU WILL BECOME A BETTER ATHLETE, STUDENT,
TEAMMATE, FRIEND, AND MOST IMPORTANTLY - A BETTER PERSON.
THANK YOU,



DAN RIGBY

OWNER & CREATOR, WIN THE DAY PLANNER

BE A PART of the WIN THE DAY COMMUNITY

Follow us on social: @winthedayplanner

Check out our website to learn from our extensive video
content library, featuring experts in the fields of:

- Leadership
- Peak Performance
- Mental Wellness
- Nutrition, Hydration, Sleep

🌐 winthedayplanner.com

Find additional resources at the back of the planner. Resources cover topics including:

Substance Misuse • Personal Wellness • Mental Health

Instructions for WIN THE WEEK



Win the Week pages are meant to be completed on Sunday.
We want you to view this as a chance to prepare for the week ahead, and also reflect on the previous week.

WEEKLY QUOTE

Read the weekly quote, reflect on its meaning, and consider how it applies to your life, schoolwork, and sport.

WORD OF THE WEEK

Choose a word to focus on throughout the week. Be intentional in applying it to your daily actions.

QUOTE REFLECTION

Journal what the weekly quote means to you and how it applies to you or your team.

WORD OF THE WEEK REFLECTION

Reflect on why you chose your word and how it will guide your actions this week.

READING OR LISTENING

Record books or podcasts that will help you learn, grow, and succeed.

WEEKLY PLANNER

Write down important assignments, appointments, games, and personal commitments to organize your week.

WEEKLY REFLECTION

Review your previous week. Celebrate what went well and identify areas for improvement.

WEEKLY GOALS

List 2–3 academic or athletic goals to focus on this week.

PERSONAL SEASON GOALS

Record specific, measurable personal goals. Update them as needed throughout the season.

TEAM SEASON GOALS

Write measurable team goals that everyone can work toward together.

GRADE CHECK-IN

Track your current grades to stay on top of your academics and focus on your sport.

NOTES

Use this space for reminders, schoolwork, makeup assignments, extra credit, or anything important.

Instructions for WIN THE DAY



Win the Day pages are meant to be completed as part of your daily routine to develop winning habits.

WORD OF THE WEEK (Morning)

Write your Word of the Week each morning to keep it top of mind throughout the day.

A.M. GRATITUDE (Morning)

Start your day by listing 2–3 things you're grateful for to build a positive mindset.

SLEEP (Morning)

Record your bedtime and wake-up time to build healthy sleep habits that support recovery and peak performance.

SCREEN TIME (Morning)

Record yesterday's screen time and set a goal to use your time more intentionally today.

MEAL TRACKER

Track your meals to increase awareness of your nutrition and support your overall health.

WATER INTAKE

Mark each serving of water you drink and work toward your daily hydration goal.

HOMEWORK

Record any important assignments for each of your classes.

REMINDER TO

Write quick reminders to stay organized and keep track of important tasks.

3 GOALS FOR PRACTICE TODAY

Set three specific goals to focus on during today's practice.

HOW CAN I BE A BETTER TEAMMATE TODAY?

Identify one action you can take today to better support your team.

AFTER PRACTICE IMPROVEMENT

Write one specific thing you can do outside practice to continue improving.

AFTER PRACTICE REFLECTION

Reflect on what went well and what you can improve from today's practice.

ONE WIN TODAY

Record one success from today, no matter how big or small.

WIN THE WEEK

SAMPLE



“

Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.

JOHN WOODEN

”

WORK OF THE WEEK

Positivity

QUOTE REFLECTION

It is more important to work hard and put your best effort forward than it is to collect recognition and accolades.

WORD OF THE WEEK REFLECTION

Focus on keeping a positive mindset this week, no matter what the week might throw at me.

READING OR LISTENING:

Currently reading "Atomic Habits" by James Clear

MON

10:00 am
Dentist

TUE

Long Run

WED

5:00 pm
Book Club

THU

Rest

FRI

Hike at
State Park

SAT

8:00 am
Weight room

WIN THE WEEK

SAMPLE



WEEKLY REFLECTION

* Got a little bit off track last week - looking forward to focusing in this week.

WEEKLY GOALS

* Score a 90 or above on all my tests this week

* Arrive at least 10 minutes early to practice each day

PERSONAL SEASON GOALS

* Score 10 goals

TEAM SESSION GOALS

* Win the conference championship

* Start new volunteer event

CLASS	1	2	3	4	5	6	7	8
GRADE	81 ELA	87 Calc	94 Chem	89 Gov	86 Spanish	97 PE	88 Business	n/a Study Hall

NOTES:

* Reach out to Mr. Brown (ELA) about any extra credit

* Proud of my chem grade -- study guides are working

WIN THE WEEK

SAMPLE

DATE: / /



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WORD OF THE WEEK

Positivity

A.M. GRATITUDE

- * Had a great night of sleep
- * Good conversation with coach

SLEEP

TIME TO BED	10.30 pm
WAKE UP	7.30 am

SCREE TIME

YESTERDAY	2 hrs 45 min
TODAY'S GOAL	2 hrs

MEAL TRACKER

BREAKFAST:	LUNCH:
Egg bites	tuna sandwich & apple
DINNER:	SNACKS:
Shrimp tacos	Protein bar, trail mix

WATER INTAKE



REMINDER TO:

- * Order new cleats
- * Spanish presentation coming up in 2 weeks!

HOMEWORK

CLASS	ASSIGNMENT
ELA	Reflection Essay
Calculus	Work Sheet
Chemistry	Study Guide
Government	Read ch. 6
Spanish	Vocab work sheet

3 GOALS FOR PRACTICE TODAY

1. Finish in sprints

2. Focus on my footwork

3. Help one new teammate

HOW CAN I BE A BETTER TEAMMATE TODAY

Invite Ben to run after practice

AFTER PRACTICE IMPROVEMENT

30 min yoga video on Youtube

AFTER PRACTICE REFLECTION

Did well with sprints and helping my teammates, but still need to focus more on my footwork

ONE WIN TODAY

Hit my goals for hours of sleep and water intake!

JOURNAL

TIPS FOR JOURNALING

At end of each week, you will see there are 2 pages for open journaling.

Getting your thoughts out of your head and onto paper can have many benefits, including reducing stress and improving overall health and well-being. Journaling can provide a way to process emotions, help you figure out your next steps, and deepen your self-reflection.

There are no rules for journaling, but if you'd like some inspiration, we've included a few prompts below:

What is something you accomplished this week that you are proud of?

What is something you overcame this week?

How did that make you feel?

What was the most challenging thing you faced this week?

What are some long term goals you have for yourself?

WIN THE WEEK

WEEK 1



“

Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.

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WORK OF THE WEEK

QUOTE REFLECTION

WORD OF THE WEEK REFLECTION

READING OR LISTENING:

MON	TUE	WED	THU	FRI	SAT

WIN THE WEEK

WEEK 1



WEEKLY REFLECTION

WEEKLY GOALS

PERSONAL SEASON GOALS

TEAM SESSION GOALS

CLASS	1	2	3	4	5	6	7	8
GRADE								

NOTES: _____

WIN THE WEEK

MONDAY

DATE: / /



“

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WORD OF THE WEEK

A.M. GRATITUDE

SLEEP

TIME TO BED	
WAKE UP	

SCREE TIME

YESTERDAY	
TODAY'S GOAL	

MEAL TRACKER

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

WATER INTAKE



REMINDER TO:

HOMEWORK

CLASS	ASSIGNMENT

3 GOALS FOR PRACTICE TODAY

HOW CAN I BE A BETTER TEAMMATE TODAY

AFTER PRACTICE IMPROVEMENT

AFTER PRACTICE REFLECTION

ONE WIN TODAY

WIN THE WEEK

TUESDAY

DATE: / /



“

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WORD OF THE WEEK

A.M. GRATITUDE

SLEEP

TIME TO BED	
WAKE UP	

SCREE TIME

YESTERDAY	
TODAY'S GOAL	

MEAL TRACKER

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

WATER INTAKE



REMINDER TO:

HOMEWORK

CLASS	ASSIGNMENT

3 GOALS FOR PRACTICE TODAY

HOW CAN I BE A BETTER TEAMMATE TODAY

AFTER PRACTICE IMPROVEMENT

AFTER PRACTICE REFLECTION

ONE WIN TODAY

WIN THE WEEK

WEDNESDAY

DATE: / /



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WORD OF THE WEEK

A.M. GRATITUDE

SLEEP

TIME TO BED	
WAKE UP	

SCREE TIME

YESTERDAY	
TODAY'S GOAL	

MEAL TRACKER

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

WATER INTAKE



REMINDER TO:

HOMEWORK

CLASS	ASSIGNMENT

3 GOALS FOR PRACTICE TODAY

HOW CAN I BE A BETTER TEAMMATE TODAY

AFTER PRACTICE IMPROVEMENT

AFTER PRACTICE REFLECTION

ONE WIN TODAY

WIN THE WEEK

THURSDAY

DATE: / /



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WORD OF THE WEEK

A.M. GRATITUDE

SLEEP

TIME TO BED	
WAKE UP	

SCREE TIME

YESTERDAY	
TODAY'S GOAL	

MEAL TRACKER

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

WATER INTAKE



REMINDER TO:

HOMEWORK

CLASS	ASSIGNMENT

3 GOALS FOR PRACTICE TODAY

HOW CAN I BE A BETTER TEAMMATE TODAY

AFTER PRACTICE IMPROVEMENT

AFTER PRACTICE REFLECTION

ONE WIN TODAY

WIN THE WEEK

FRIDAY

DATE: / /



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WORD OF THE WEEK

A.M. GRATITUDE

SLEEP

TIME TO BED	
WAKE UP	

SCREE TIME

YESTERDAY	
TODAY'S GOAL	

MEAL TRACKER

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

WATER INTAKE



REMINDER TO:

HOMEWORK

CLASS	ASSIGNMENT

3 GOALS FOR PRACTICE TODAY

HOW CAN I BE A BETTER TEAMMATE TODAY

AFTER PRACTICE IMPROVEMENT

AFTER PRACTICE REFLECTION

ONE WIN TODAY

WIN THE WEEK

SATURDAY

DATE: / /



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WORD OF THE WEEK

A.M. GRATITUDE

SLEEP

TIME TO BED	
WAKE UP	

SCREE TIME

YESTERDAY	
TODAY'S GOAL	

MEAL TRACKER

BREAKFAST:	LUNCH:
DINNER:	SNACKS:

WATER INTAKE



REMINDER TO:

HOMEWORK

CLASS	ASSIGNMENT

3 GOALS FOR PRACTICE TODAY

HOW CAN I BE A BETTER TEAMMATE TODAY

AFTER PRACTICE IMPROVEMENT

AFTER PRACTICE REFLECTION

ONE WIN TODAY

JOURNAL

JOURNAL