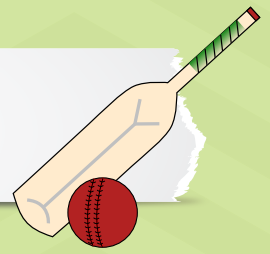


BE ACTIVE



PLAYERS' WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Game Review	Team Meeting	Community Work	Weights Session	Physio and Massage	Relaxation	Recovery
	Training (Recovery)	Skills Session		Yoga or Pilates			
Afternoon	Skills Session	Weights Session Massage	Study	Swimming	Skill Session	Game Preparation	Relaxation or Travel Home
	Family	Family	Sponsor Commitments	Training with the Magpies	Travel Interstate or Relaxation	Game	Family
Night							

PHYSICAL ACTIVITY

KEEP TRACK OF YOUR PHYSICAL ACTIVITY BY CREATING YOUR OWN WEEKLY SCHEDULE!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Night							

