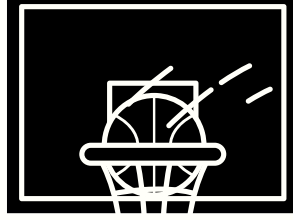


TARİH :

AD :

SOYAD :



Sporcu Günlük Rutin Kontrol Listesi

	PAZARTESİ	SALI	ÇARŞAMBA	PERŞEMBE	CUMA	CUMARTESİ	PAZAR
ODA DÜZENİ SAAT :							
KAHVALTI SAAT :							
ÖĞLE YEMEĞİ SAAT :							
DİNLENME ZAMANI SAAT :							
EV ÖDEVİ SAAT :							
ANTRENMAN SAAT :							
AKŞAM YEMEĞİ SAAT :							
KİTAP OKUMA SAAT :							
SAATİNDE UYUMA SAAT :							

YAPILAN HER ETKİNLİK SONRASI VELİ
TARAFINDAN TİK KONACAKTIR. HAFTANIN İLK
ANTRENMANI ANTRENÖRE TESLİM EDİLECEKTİR

VELİ
AD SOYAD
İMZA

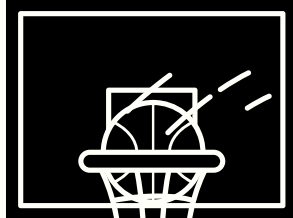


TAKIM SORUMLUSU
AD SOYAD
İMZA

DATE :

NAME :

SURNAME :



Athlete Daily Routine Checklist

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ROOM LAYOUT TIME :							
BREAKFAST TIME :							
LUNCH TIME :							
TIME TO REST TIME :							
HOME WORK TIME :							
TRAINING TIME :							
DINNER TIME :							
READING TIME :							
SWEET DREAMS TIME :							

A TICK WILL BE PLACED BY THE PARENT AFTER EACH ACTIVITY. THE FIRST TRAINING SESSION OF THE WEEK WILL BE DELIVERED TO THE COACH.

PARENT
NAME
SIGN



COACH
NAME
SIGN