



PLAN YOUR NEXT SEVEN DAYS

Sports Starter Pack

A practical planner, reflection sheet, and set of AI prompts for athletes, parents, coaches, clubs, and teams.

PAGE 1 / 3

7-DAY SPORTS PROGRESS PLANNER

One focus. One action. One useful lesson every day.

Keep each entry short and specific. Review the result with a coach, parent, teammate, or trusted training partner.

DAY	FOCUS	PLANNED ACTION	RESULT / LEARNING
DAY 1 Date: _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DAY 2 Date: _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DAY 3 Date: _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DAY 4 Date: _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DAY 5 Date: _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DAY 6 Date: _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DAY 7 Date: _____	_____ _____ _____	_____ _____ _____	_____ _____ _____

1

Quick rule

One clear action each day beats a perfect plan you never use.



REFLECT WITH HONESTY

Practice or Game Reflection

Complete this while the details are fresh. Specific observations create better conversations and better next steps.

PAGE 2 / 3

Turn one session into the next useful action.

Date: _____ Sport / event: _____ Role: _____

1. MY GOAL FOR THIS SESSION

Write one controllable goal, not only a score or result.

2. WHAT HAPPENED

Record the facts first: situation, decision, execution, and outcome.

3. THREE WINS I CAN REPEAT

1

2

3

4. ONE ADJUSTMENT

What will I change next time?

5. MY NEXT ACTION

Make it clear and scheduled.

6. RECOVERY AND SAFETY CHECK

☐

Cool-down completed

☐

Hydration and food planned

☐

Sleep / recovery window protected

☐

Pain, dizziness, or injury concern shared

If something feels unsafe, stop and speak with a qualified adult, coach, or medical professional.



ASK BETTER QUESTIONS

10 Practical AI Coach Prompts

Copy a prompt, replace each blank with honest context, and compare the response with guidance from a real coach or trusted expert.

PAGE 3 / 3

Use AI to prepare, reflect, and organize your next step.

Tip: add your sport, level, time available, recent observations, and desired outcome for a more useful answer.

1. BUILD TODAY'S SESSION

My sport is ____ and my current goal is _____. Create one focused 30-minute session with a warm-up, three drills, success measures, and a short cool-down.

2. SIMPLIFY A SKILL

Explain the key mechanics of ____ for my experience level: _____. Give me three cues, two common mistakes, and one safe progression I can practice.

3. REVIEW MY NOTES

Here are my factual practice or game notes: _____. Separate what worked, what needs attention, and the single highest-value adjustment for next time.

4. PLAN MY WEEK

I can train on these days: _____. My priority is _____. Build a realistic seven-day plan with skill work, strength or mobility, recovery, and one review point.

5. PREPARE FOR PRESSURE

The situation that makes me tense is _____. Create a 60-second pre-performance routine using breathing, one visual cue, and one controllable action.

6. MAKE A CHECKLIST

Create a concise pre-practice checklist for my sport and role: _____. Include equipment, intention, warm-up, safety, and how I will measure a good session.

7. ASK BETTER REVIEW QUESTIONS

Give me eight specific questions to review my last practice or game. Focus on decisions, technique, communication, effort, and what I will repeat next time.

8. BUILD A RECOVERY ROUTINE

Create a general non-medical post-training recovery checklist for a ____ athlete. Include cool-down, hydration, food, sleep, and signs that require adult or professional help.

9. TALK WITH MY COACH

Help me prepare a respectful three-minute conversation with my coach about _____. Give me an opening, three useful questions, and a clear request for feedback.

10. TRACK REAL PROGRESS

My goal is _____. Suggest five simple weekly measures I can record without special equipment. Explain what improvement would look like and when to review the plan.

PRIVACY + SAFETY

AI guidance is educational, not a substitute for a qualified coach or medical care. Never share passwords, payment details, medical records, private team data, or another person's images without permission. Stop activity and get qualified help for pain, injury, dizziness, or anything that feels unsafe.