Training, meals and class-load planner

A weekly grid to place training, classes, labs, meals and rest in one view, so a heavy practice week is visible next to your timetable.

NAME _____ DATE _____

WEEK OF _____ TEAM OR SPORT _____

CLASS CREDITS THIS TERM _____ TRAVEL THIS WEEK? _____

THIS WEEK

	Morning	Class block	Training	Meals	Study or rest
Mon	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐

DETAIL

Day	Training or game	Classes or labs	Meal plan (what I will actually eat)	Sleep target
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

This is a timetable, not nutrition or medical advice. If you need food, injury or mental-health support, use campus health, athletics therapy or the services on our mental-health page.