

# HOOPS & GOALS



**Dear Future Star,**

**This journal is your companion on an incredible journey of growth, challenges, and triumphs. Every page is an opportunity to push your limits, to learn, and to shine brighter than ever before.**

**Remember, the path to greatness is paved with dedication, hard work, and a passion for the game. Celebrate your victories, learn from your setbacks, and never stop believing in your dreams.**

**Each dribble, each shot, each practice brings you one step closer to your goals.**

**Stay focused, stay positive, and embrace every moment on and off the court. Your journey is unique, and the possibilities are endless.**

**Let's make this year unforgettable. Believe in yourself, and never stop reaching for the stars.**

**Dream big. Work hard. Play with heart.**

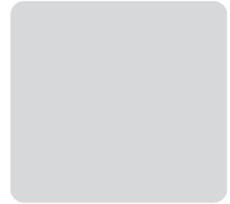
**Wishing you success and joy on your basketball adventure!**

MONTH:

SUN	MON	TUE	WED	THU	FRI	SAT



# DAILY PLANNER



Day

Date

## Training Schedule

Time:

Focus Area:

Drills:

Notes:

## Quote of the Day

[Large gray rectangular area for a quote]

## Goals

[Five horizontal lines for writing goals]

## Water Intake



## Exercise

Warm-up:

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Conditioning:

Cool-down:

## Meal Tracker

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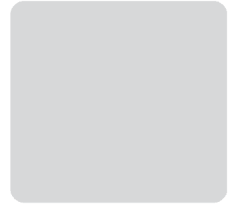
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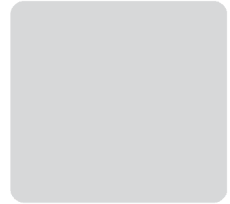
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*"I've missed more than 9,000 shots in my career.*

*I've lost almost 300 games. 26 times, I've been trusted to take the game-winning shot and missed.*

*I've failed over and over and over again in my life.*

*And that is why I succeed."*

Michael Jordan

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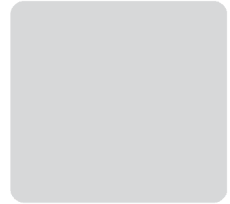
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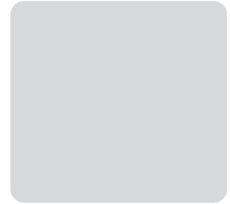
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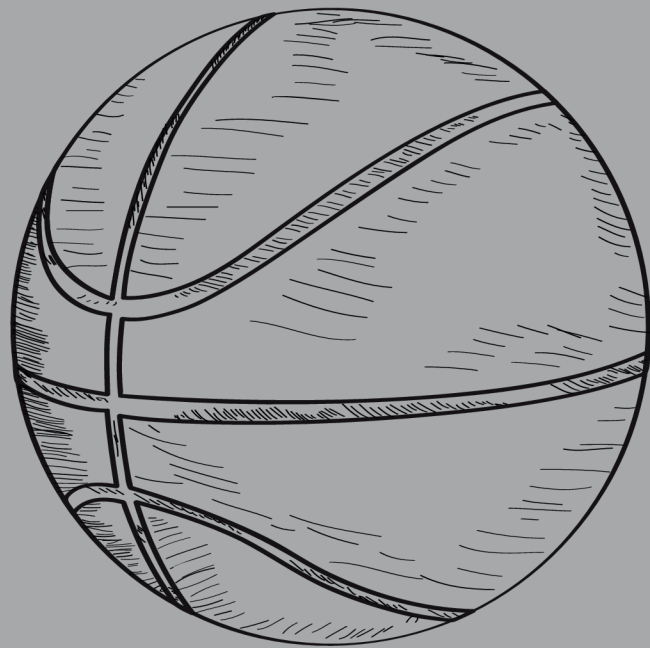
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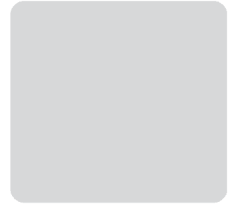
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*"The moment you give up is the moment you let someone else win."*

Kobe Bryant



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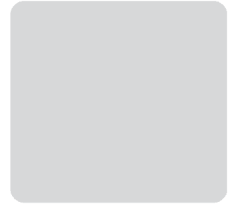
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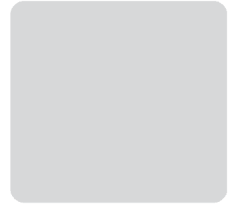
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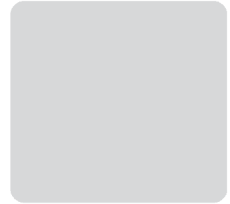
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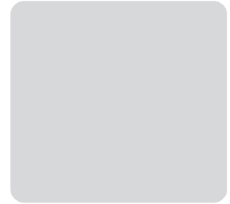
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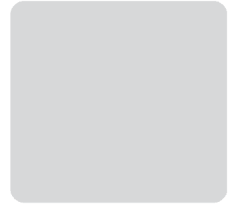
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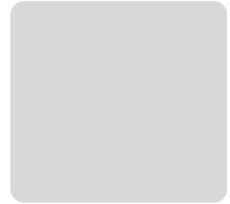
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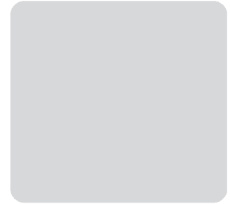
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*"You can't be afraid to fail. It's the only way you succeed—you're not gonna succeed all the time, and I know that."*

LeBron James



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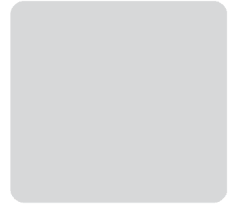
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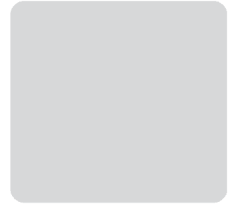
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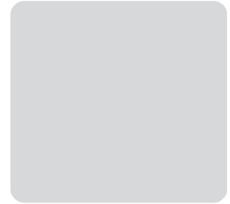
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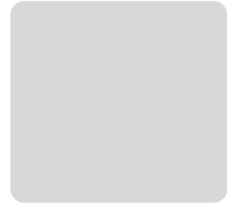
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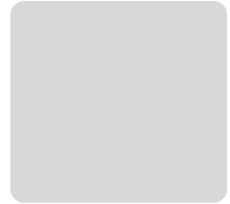
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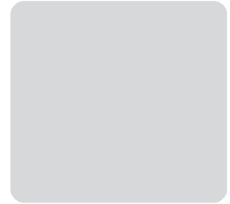
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*"All kids need is a little help, a little hope, and somebody who believes in them."*

Magic Johnson



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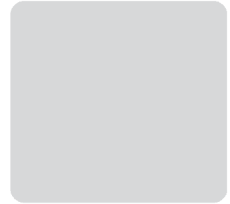
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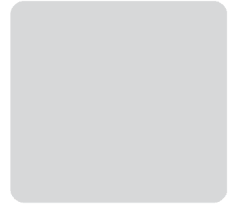
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*Every step you take brings  
you closer to your dreams.*

*Keep pushing, keep  
believing, and always play  
with heart.*

*The sky is the limit!*

