

MUTUAL OF OMAHA
BREAKout! SWIM CLINIC

Josh Davis's **7 Habits of Highly Effective Athletes** Progress Chart for _____

Goal:				
Habit	Week # _____	Week # _____	Week # _____	Week # _____
#1 Finesse Technique	This week I will: Result:	This week I will: Result:	This week I will: Result:	This week I will: Result:
#2 Fitness Work Ethic	This week I will: Result:	This week I will: Result:	This week I will: Result:	This week I will: Result:
#3 Flexibility Stretching Time	This week I will: Result:	This week I will: Result:	This week I will: Result:	This week I will: Result:

#4 Fueling Nutrition	This week I will: Result:	This week I will: Result:	This week I will: Result:	This week I will: Result:
#5 Fun and Focus Attitude	This week I will: Result:	This week I will: Result:	This week I will: Result:	This week I will: Result:
#6 Family and Friends Time with People	This week I will: Result:	This week I will: Result:	This week I will: Result:	This week I will: Result:
#7 Faith Seek Truth	This week I will: Result:	This week I will: Result:	This week I will: Result:	This week I will: Result: