



THUNDER U13 GIRLS — WORKOUT TRACKER

July – November 2026 • 20-Min Daily Strength Routine

Check off every day you complete your home workout!

PLAYER NAME: _____

JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			☐	☐	☐	☐
5	6	7	8	9	10	11
☐	☐	☐	☐	☐	☐	☐
12	13	14	15	16	17	18
☐	☐	☐	☐	☐	☐	☐
19	20	21	22	23	24	25
☐	☐	☐	☐	☐	☐	☐
26	27	28	29	30	31	
☐	☐	☐	☐	☐	☐	

Goal: check off as many days as possible — consistency beats intensity!

This Month's Workouts Completed: _____ / _____



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AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
						1 ☐
2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐	8 ☐
9 ☐	10 ☐	11 ☐	12 ☐	13 ☐	14 ☐	15 ☐
16 ☐	17 ☐	18 ☐	19 ☐	20 ☐	21 ☐	22 ☐
23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐	29 ☐
30 ☐	31 ☐					

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SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		☐	☐	☐	☐	☐
6	7	8	9	10	11	12
☐	☐	☐	☐	☐	☐	☐
13	14	15	16	17	18	19
☐	☐	☐	☐	☐	☐	☐
20	21	22	23	24	25	26
☐	☐	☐	☐	☐	☐	☐
27	28	29	30			
☐	☐	☐	☐			

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OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				☐	☐	☐
4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐
11	12	13	14	15	16	17
☐	☐	☐	☐	☐	☐	☐
18	19	20	21	22	23	24
☐	☐	☐	☐	☐	☐	☐
25	26	27	28	29	30	31
☐	☐	☐	☐	☐	☐	☐

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NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐
8 ☐	9 ☐	10 ☐	11 ☐	12 ☐	13 ☐	14 ☐
15 ☐	16 ☐	17 ☐	18 ☐	19 ☐	20 ☐	21 ☐
22 ☐	23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐
29 ☐	30 ☐					

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