

Athlete Activity Chart

Activity	Start time	End time	Elapsed time
Morning yoga and mindfulness	7:30 a.m.	8:12 a.m.	
Lunch	11:55 a.m.		55 minutes
Team meeting		2:30 p.m.	45 minutes
Break	3:06 p.m.	3:33 p.m.	
Evening practice	6:30 p.m.		1 hour and 15 minutes

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Consider using the following analog clock or open number line to help you.

