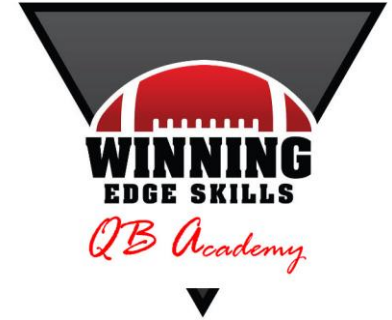


Winning Edge QB Academy



MONTHLY TRAINING CALENDAR

Over two thousand years ago, famous stoic, Aristotle said: "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

I designed this calendar to help you act more intentionally toward reaching your goals. To turn your actions into habits! Simply complete your weekly activity goals in the box at the top. Next, label the dates of the month. Finally, put a checkmark and document the activities you completed each day within the calendar! I've embedded a link to a goal setting instructional video that can really help you understand how to set goals like a champion!

I strongly recommend you subscribe to my QB Training Mobil App... it is loaded with hundreds of lessons, drills, to teach you how to become a GREAT quarterback. Learn more about this incredible tool by visiting - <https://www.winningedgeskills.com/mobilacademy>

Before or after subscribing, reach out to me for a free zoom call. I'd love to get to know you, your goals and discuss how I can help!!

Yours In Success,

Coach Smith



"You're going to pay a price for everything that you Do and Don't Do.
You don't get to choose 'NOT' to pay a price"



Weekly Goals

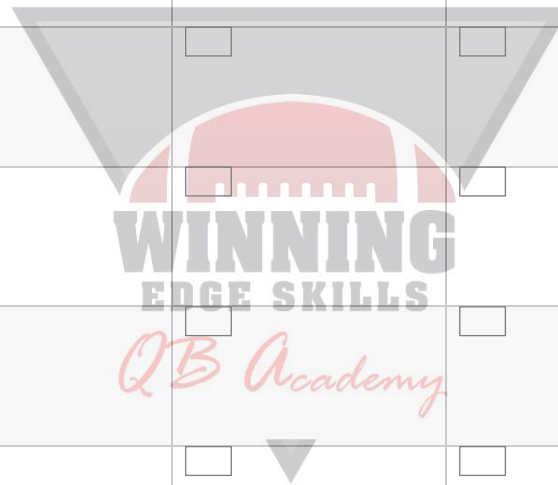
- # Times QB Skill Work - _____
- # Times Workout - Strength- _____ Agility / Conditioning- _____
- # Times Chalkboard / Film Room - _____
- # Times Leadership / Reading - _____

Signature: _____

Check Out This Goal Setting [Instructional Video!](#)

Month:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



QB Skill/Throwing etc.
 ✔ & Label the date!

Strength/Conditioning
 ✔ & Label the date!

QB IQ/ Chalkboard - Film room
 ✔ & Label the date!

Leadership/Reading
 ✔ & Label the date!

Accomplish **All 4 Categories** using the modules in the QB Academy Training App
 Go To <https://www.winningedgeskills.com/mobilacademy>
 919.414.1774 / winningedgeqb@gmail.com