

LOGAN HIGH SCHOOL

BOYS BASKETBALL

The Four Week Challenge During Coronavirus (Add up totals every week) 1 point for each item- Use a check mark
Integrity Matters

The Challenge List	Mon 4/6	Tues 4/7	Wed 4/8	Thurs 4/9	Fri 4/10	Sat/Sun
Weight Training Body Weight Workout (pick 1 of 3)	X	X				
Something around the house for your parents (you normally don't do)						
Go for a walk/run outside or activity outside						
Write down your goals /Review them/Look at them						
Text/Call a teammate						
Shoot/Play Basketball (home/park)- mindful of soc. distancing						
Do something fun w/ a family member						
School work/Learning						
Week 1 Score						
The Challenge List	Mon 4/13	Tues4/14	Wed 4/15	Thurs 4/16	Fri 4/17	Sat/Sun
Weight Training Body Weight Workout (pick 1 of 3)						
Something around the house for your parents (you normally don't do)						
Go for a walk/run outside or activity outside						
Write down your goals /Review them/Look at them						
Text/Call a teammate						
Shoot/Play Basketball (home/park)- mindful of soc. distancing						
Do something fun w/ a family member						
School work/Learning						
Week 2 Score						

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The Challenge List	Mon 4/20	Tues 4/21	Wed 4/22	Thurs 4/23	Fri 4/24	Sat/Sun
Weight Training Body Weight Workout (pick 1 of 3)	X	X				
Something around the house for your parents (you normally don't do)						
Go for a walk/run outside or activity outside						
Write down your goals /Review them/Look at them						
Text/Call a teammate						
Shoot/Play Basketball (home/park)- mindful of soc. distancing						
Do something fun w/ a family member						
School work/Learning						
Week 3 Score						
The Challenge List	Mon 4/27	Tues 4/28	Wed 4/29	Thurs 4/30	Fri 5/1	Sat/Sun
Weight Training Body Weight Workout (pick 1 of 3)						
Something around the house for your parents (you normally don't do)						
Go for a walk/run outside or activity outside						
Write down your goals /Review them/Look at them						
Text/Call a teammate						
Shoot/Play Basketball (home/park)- mindful of soc. distancing						
Do something fun w/ a family member						
School work/Learning						
Week 4 Score						

4 Week Total Scores (Combined) _____

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*Keep a hard copy and we will total up the top 5 winners at the end. Stay Safe. - Coach Brown - 435-770-9810