

	1	2	3	4	5	6	7	8	9	10
Workouts		Shooting Workout #2	Shooting Workout #1		Shooting Workout #1	Shooting Workout #2		Shooting Workout #2	Shooting Workout #1	
Workouts	Ball Handling Workout #1			Ball Handling Workout #2			Ball Handling Workout #1			Ball Handling Workout #2
FAMILY HELP	Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room, etc.).	
Off Hand Layups		Make 3		Make 3		Make 3		Make 3		Make 3
Free Throws	Make 1		Make 1		Make 1		Make 1		Make 1	
	11	12	13	14	15	16	17	18	19	20
Workouts	Shooting Workout #1		Shooting Workout #3		Shooting Workout #2		Shooting Workout #1		Shooting Workout #3	
Workouts		Dribbling Workout #1		Dribbling Workout #2		Dribbling Workout #1		Dribbling Workout #2		Dribbling Workout #2
FAMILY HELP	Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room, etc.).	
Off Hand Layups		Make 5		Make 5		Make 5		Make 5		Make 5
Free Throws	Make 2 in a row		Make 2 in a row		Make 2 in a row		Make 2 in a row		Make 2 in a row	
	21	22	23	24	25	26	27	28	29	30
Workouts		Shooting Workout #4		Shooting Workout #3		Shooting Workout #2		Shooting Workout #4		Shooting Workout #3
Workouts	Ball Handling Workout #1		Dribbling Workout #3		Ball Handling Workout #2		Ball Handling Workout #1		Dribbling Workout #3	
FAMILY HELP	Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room, etc.).	
Off Hand Layups		Make 7		Make 7		Make 7		Make 7		Make 7
Free Throws	Make 3 in a row		Make 3 in a row		Make 3 in a row		Make 3 in a row		Make 3 in a row	
	31	32	33	34	35	36	37	38	39	40
Workouts		Shooting Workout #3		Dribbling Workout #1		Shooting Workout #4		Shooting Workout #3		Shooting Workout #5
Workouts	Dribbling Workout #2		Ball Handling Workout #2		Dribbling Workout #2		Ball Handling Workout #1		Ball Handling Workout #2	
FAMILY HELP	Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room, etc.).	
Off Hand Layups		Make 10		Make 10		Make 10		Make 10		Make 10
Free Throws	Make 4 in a row		Make 4 in a row		Make 4 in a row		Make 4 in a row		Make 4 in a row	
	41	42	43	44	45	46	47	48	49	50
Workouts	Shooting Workout #6	Shooting Workout #4		Shooting Workout #2	Shooting Workout #6		Shooting Workout #5	Shooting Workout #3		Shooting Workout #5
Workouts	Ball Handling Workout #1		Dribbling Workout #1	Ball Handling Workout #2	Dribbling Workout #3	Dribbling Workout #4		Dribbling Workout #1	Dribbling Workout #3	Dribbling Workout #4
FAMILY HELP	Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).	Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room).	Do something nice for your family (garbage, dishes, clean room).		Do something nice for your family (garbage, dishes, clean room, etc.).	Do something nice for your family (garbage, dishes, clean room, etc.).
Off Hand Layups		Make 12	Make 12		Make 12	Make 12		Make 12	Make 12	
Free Throws	Make 5 in a row	Make 5 in a row		Make 5 in a row	Make 5 in a row		Make 5 in a row	Make 5 in a row		Make 5 in a row