



DAILY PROGRESS TRACKER

Use this sheet to track your daily progress in the Dr. Dish Virtual Camp. Check off the sections as you complete them and record your shooting stats for each drill in the shooting section. Add them up at the end to see all of the work you put in.

	WARM UP	AGILITY/ BALL-HANDLING	SHOOTING	TOTAL	FTS
EXAMPLE	✓	✓	18/30, 10/30, 5/7	33/67	5/5
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6	OFF DAY				
DAY 7	OFF DAY				
DAY 8					
DAY 9					
DAY 10					
DAY 11					
DAY 12					

Name: _____

Dates: _____

What do you hope to improve during the Dr. Dish Virtual Camp?:

TOTAL SHOTS MADE

TOTAL SHOTS TAKEN

%	%