|  |  |  |
| --- | --- | --- |
| **INFORMATION** | |  |
| **Day/Date** |  |
| **Start Time** |  |
| **Target Duration/TI** |  |
| **Location** |  |

|  |  |
| --- | --- |
| **Objectives & Our Key Priorities** | |
| **1.** |  |
| **2.** |  |
| **3.** |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Time/Duration** | **Activity** | **Detail**  **(Work:Rest)** | **Lead** | **Target Intensity\*** |
| **Preview | What, Why & How** | | | | | |
|  |  | **Warm-Up** |  |  |  |
| d |  |  |  |  |  |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **Half-Time | Reset. Review & Refocus)** | | | | | |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |
| **6** |  |  |  |  |  |
| **Review | What Went Well & Opportunities To Improve** | | | | | |
| **7** |  |  |  |  |  |

WWH – Why, What & How; WWW – What went well; OTI – Opportunities to Improve

\*C = Involves Contact