

NAME:

DATE:



MADE ACCOUNTABILITY SHEET

Be **SPECIFIC**. Be **ACCOUNTABLE**. Be a **CHAMPION**.

"Get Better EVERYday...Live Like a Champion."



	MADE IN BASEBALL?	MADE CRUSH SESSIONS?	MADE NUTRITION?	MADE IN SCHOOL?	MADE FAMILY MEMBER?
<i>some ideas</i>	<ul style="list-style-type: none"> • Mirror drills • mechanics work • hitting off tee • tennis ball off wall • catch/pitch grips • etc 	<ul style="list-style-type: none"> • Arm exercises • Push-ups/Pull-ups • Squats/Lunges • Yoga • Run/hike • etc 	<ul style="list-style-type: none"> • water EVERYday • fruits • vegetables • no soda • protein • lead by example 	<ul style="list-style-type: none"> • ask for extra credit • do all homework • be your best • be good influence • study extra • lead by example 	<ul style="list-style-type: none"> • show gratitude • do dishes • vacuum • take out trash • clean room • etc
M					
Tu					
W					
Th					
F					
Sa					
Su					
Your Score	Quality Score: /10 Quantity Score: /10	Comments: <i>(be thorough)</i>			

Motivation Appreciation Dedication EVERYday

*Must be quality penmanship.
DO IT RIGHT.



Did I get MADE today?
www.madebaseball.com