



# RISE



## PLAYER HOMEWORK SCHEDULE

What's On	What to Do	Notes
<b>Session #1</b> (Date)	Location / Time / What to Bring	
Life-Fit Online Module (Date to Complete)	Healthy Habits	
<b>Session #2</b> (Date)	Location / Time / What to Bring	
Life-Fit Online Module (Date to Complete)	Strong Minds	
<b>Session #3</b> (Date)	Location / Time / What to Bring	
Life-Fit Online Module (Date to Complete)	Keep Calm	
<b>Session #4</b> (Date)	Location / Time / What to Bring	
Life-Fit Online Module (Date to Complete)	Stay Connected	
<b>Session #5</b> (Date)	Location / Time / What to Bring	

Also include Bronze / Silver Accreditation requirements