



TRAINING CALENDAR 2025

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
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28												
29												
30												
31												

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



HOW TO USE THE CALENDAR

Choose your type of sports and give each one a colour of your choice.

- PARKOUR
- (MATTTMA) FOOTBAG
- CLIMBING
- STRENGTH TRAINING
- CLIFF JUMPS
- SNOOKER

Mark each day in the colour of the sport you did that day. If you did multiple you can add them next to each other, like this.

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												

If you also want to track the intensity of your training, you can either..

..mark only half of the field for low intensity and the full field for high intensity

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												

.. or use the numbers 1 (low intensity), 2 (medium intensity) and 3 (high intensity) and write it into the field

	J	F	M	A	M	J	J	A	S	O	N	D
1	1	1	2									
2	3	3										
3	2	2										
4	1	1										
5	3	1	3									

.. or you print out this calendar twice and mark your intensity in a separate calendar. You could use three different shades of blue for example to visualize the intensity.

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												

