


UPCOMING TEST, GAME, OR PERFORMANCE?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> CENTRAL NERVOUS SYSTEM READINESS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 	<input type="checkbox"/>

BEGIN TO PREPARE YOUR CNS 3 DAYS BEFORE BY EATING HEALTHY, SLEEPING 8 HOURS PER NIGHT, & STARTING A POSITIVE MOOD & MINDSET!

