



# Tenacity Level 5: Senior Train at Home Scorecard

Use this scorecard to stay organized, track your training, and build consistency at home. Every rep is a step toward better habits and stronger skills.

**How it works:** Select 1 to 2 skills each day. Complete 50 reps at a time, check off each box, and move to a new skill after reaching 500 reps.

Player: \_\_\_\_\_

Birth Year: \_\_\_\_\_

Team: \_\_\_\_\_

Coach: \_\_\_\_\_

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

Skills	50	100	150	200	250	300	350	400	450	500
Twist Off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pull Spin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hocus Pocus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Elastico	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Official Verification of Completion

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_