



# Day Training Program

## Phase 2 Week 1 Homework Sheet

### FOCUS: Fundamentals In a New Location (Outside)

“Fundamentals Training Session”: Complete 3 separate training sessions on three different days. Training Sessions should last roughly 5 -10 min in a new location outside the house. (Front yard or back yard).

Make note what you covered during the Training sessions and make notes on things you struggled with.

Date	Duration	Initial	Notes