



Daily Champion Checklist

Help your child win on and off the track by practicing these daily habits! These simple actions will help them become stronger, faster, and more confident — on race day and in life

Checklist of Daily Habits (Check off as you complete them):

Habit

- Sleep 9-10 hours every night** — Recovery is key! Bodies grow and muscles get stronger while they sleep. No sleep, no speed.
- Eat protein with every meal** — Protein helps build muscles. Examples: chicken, turkey, eggs, fish, yogurt.
- Drink enough water — half their body weight in ounces** — Carry a water bottle all day to stay energized and sharp.
- Stretch 10 minutes before bed** — Keeps muscles loose, prevents injury, and helps recovery.
- Visualize their best race** — Picture a strong start, fast sprint, and powerful finish.
- Speak positive words** — "I am fast. I am strong. I am a champion." Confidence starts at home.
- Read for 30 minutes a day** — Builds focus and discipline. Focused kids run better and finish strong.

Let's keep building champions — on and off the track!

— JonBlaze, Blaze Sports Performance