

BASEBALL MASTERCLASS DAILY SUCCESS CHECKLIST

| | NAME: | :MONTH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|--------------------------------------|--------|---|---|---|---|---|---|---|---------|----|----|----|----|----|----|----|----|----|----|----|---------|----|----|----|----|----|----|----|----|----|----|
| 1 | Read The Daily Dominator | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 2 | Watched/Read/Reviewed 30 Day Prog | y. 🗖 | E | 0 | 0 | 0 | E | 0 | 0 | 0 | 0 | 0 | 0 | E | 0 | E | E | 0 | | 0 | E | 0 | | 0 | | | | | | E | 0 | |
| 3 | Called Success Hotline 973-743-4690 | | P | | 0 | P | P | | | 0 | 0 | 0 | P | P | 1 | P | P | 0 | 1 | 1 | P | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | P | P | |
| 4 | Practiced My At-Bat/Pitching Routine | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 5 | Practiced My Red/Yellow Release | 1 | 0 | | | 1 | 0 | 1 | 1 | <u></u> | | 1 | 1 | 0 | 0 | 0 | 0 | | 0 | 0 | 0 | <u></u> | | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 5 |
| 6 | Had a 168 Plan For The Day | | E | 1 | | 0 | E | 0 | 0 | 0 | 0 | 0 | 0 | E | 0 | E | E | | | 0 | E | 0 | | 0 | | | | | | E | 0 | 1 |
| 7 | Had Championship Level BFS Today | 5 | E | | | 1 | E | 1 | 1 | | 0 | 1 | 1 | E | 0 | E | E | | | 0 | E | | | 1 | 1 | | | | 1 | E | 1 | 5 |
| 8 | Did Not Commit BCD Today | | E | 1 | | 0 | E | 0 | 0 | 0 | 0 | 0 | 0 | E | 0 | E | E | | | 0 | E | 0 | | 0 | | | | | | E | 0 | 1 |
| 9 | Invested Into A Teammate Today | | E | 0 | | 0 | | 0 | 0 | 0 | 0 | 0 | 0 | E | 0 | E | E | | | 0 | E | 0 | 0 | 0 | | | | | | E | 0 | 1 |
| 10 | Did A Form of Physical Conditioning | 1 | E | 8 | 0 | 1 | E | 1 | 1 | <u></u> | 1 | 1 | 1 | E | 0 | E | E | 1 | 0 | 0 | E | <u></u> | | 1 | 0 | 1 | 1 | 1 | 1 | E | 0 | |