

# ***Wildcat Basketball 47 Day Challenge***

Week of _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Shooting</b>							
<b>Ball Handling</b>							
<b>Running</b>							
<b>Lifting</b>							
<b>Footwork</b>							
<b>Jumping Rope or Vertical Jump</b>							
<b>Other</b>							

**Notes:**