

Event	Date	Time
Location —	—— Weather ——	Temp
Goal/s for today —————		
About myself		
Start attitude 1————10		1————10
Start Energy 1————10	End Energy	1————10
Preparation 1————10	Concentratio	n 1————10
Technical 1————10	Effort	1————10
Mental 1————10	Overall	110
Groups		
Score	if appropriate	
Things I did well		
2		
3		
Things to improve at next training session		



Event		Date	Time
Location ——		Weather —	Temp
Goal/s for toda	ay		
Start Energy Preparation Technical	110 110 110 110	Concentration Effort	110 110 110 110
Mental	110	Overall	110
Score		if appropriate	
2			
3			
Things to impose the training s			