



Shooting Diary

Event _____ Date _____ Time _____

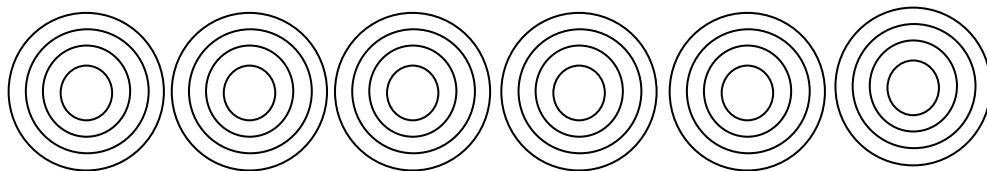
Location _____ Weather _____ Temp _____

Goal/s for today _____

About myself....

Start attitude	1-----10	End attitude	1-----10
Start Energy	1-----10	End Energy	1-----10
Preparation	1-----10	Concentration	1-----10
Technical	1-----10	Effort	1-----10
Mental	1-----10	Overall	1-----10

Groups



Score _____ if appropriate

Things I did well....

- 1
- 2
- 3

Things to improve at _____
next training session _____



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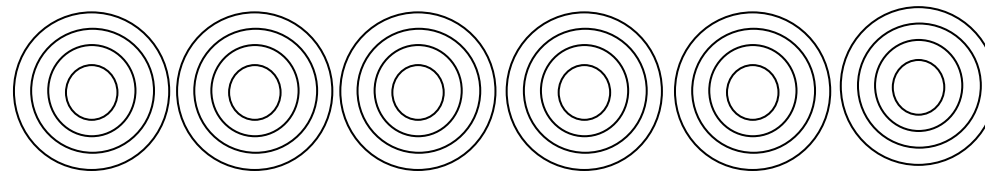
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