



Name: _____

Date _____

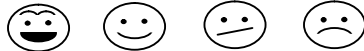
Circle Type: Training Practice Competition

My Goal for Today: _____

Weather Condition (circle all that apply):



I was focused:



I saw the target:



I was relaxed:



My timing was on:



I did my shot routine:



I met my goal:



I had fun:



_____:



_____:



_____:



Notes: (Load Type, Location, Etc.)



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