## Shooting Diary

Event _____ Date ___ / ___ / ___ Time _____ Sleep _____ hrs
Training / Competition _____
Weather ____°C _____
Location _____

Objectives _____
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| | | | |
|---|---|---|---|
| Start Attitude | 0————\|————10 | End Attitude | 0————\|————10 |
| Preparation | 0————\|————10 | Arousal | 0————\|————10 |
| Concentration | 0————\|————10 | Ease | 0————\|————10 |
| Physical | 0————\|————10 | Mental | 0————\|————10 |
| Technical | 0————\|————10 | Overall | 0————\|————10 |

Comments _____
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Result [_____] [_____] [_____] [_____] [_____] [_____] = _____

I need to _____
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I did well _____
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## Performance Analysis

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SolutionAnalysis_____
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Success Analysis _____
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Goals for Next Session _____
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