

☐ Wed ☐ Fri, \_\_\_\_/\_\_\_\_ How was my day so far? ☐ An Awesome Day ☐ A So-So Day ☐ A Dreary Day

How do I mentally feel? \_\_\_\_\_

How do I physically feel? \_\_\_\_\_

Today, I ate \_\_\_\_\_

My goal for today is \_\_\_\_\_.

Today, I am going to work on \_\_\_\_\_

Changes I made to my technique are: \_\_\_\_\_

Today, we took test #\_\_\_\_\_ and my score was \_\_\_\_\_. I will take \_\_\_\_\_ online tests before our next safety class. ☐ No Test Today

Next time, I am going to work on \_\_\_\_\_.

(Your answer can be shooting-related, testing-related, physical or mental attitude, any of the above or all of the above.)

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