○ Wed ○ Fri,/ How was my d	lay so far? O An Awesome Da	ay O A So-So Da	ay O 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.			O No Test Today
Next time, I am going to work on			
			A Dreary Day
Today, I ate			
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(Your answer can be shooting-related, testing	g-related, physical or mental attitu	ude, any of the abov	ve or all of the above.)

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