

Practice Journal



Date _____

MOOD CHECK-IN

How are you feeling before practice? Circle or check what fits.

- Energized Focused Nervous Tired
 Excited Calm Frustrated Overwhelmed

Other _____

SESSION GOALS

Set clear, measurable goals for this practice.

Examples: "6/10 successful Quads" or "5 reps of the flag feature without breaking"

1. _____
2. _____
3. _____

PRACTICE NOTES

Track reps, what worked, and what to fix next time.

GOAL CHECK-IN

GOAL	MET	STILL WORKING	NEED HELP
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CHECK-OUT

How are you feeling now?

- Energized Focused Nervous Tired
 Excited Calm Frustrated Overwhelmed

Other _____

Last thoughts

Progress over perfection — every rep builds muscle memory.

You showed up. That already puts you ahead.