

Performance Analysis

Solution Analysis _____

Success Analysis _____

Goals for Next Session _____

Shooting Diary - Write It, Read It, Act On It!

Event _____ Date ___ / ___ / ___ Time _____ Sleep _____ hrs

Training / Competition _____

Weather _____ °C/F _____

Location _____

Influences Diet _____

Other _____

Objectives _____

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

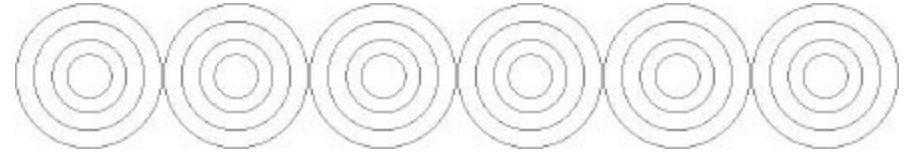
Comments _____

Group Sizes _____

Score 1 [____] [____] [____] [____] [____] [____] = _____

Score 2 [____] [____] [____] [____] [____] [____] = _____

Score 3 [____] [____] [____] [____] [____] [____] = _____



I need to _____

I did well _____

Results _____
