

Training Log

<p>Session: _____</p> <p>Date: _____</p> <p>Weather: Sunny – Cloudy Rain – Snow – - Wind</p> <p>Temp _____</p> <p>Gun _____</p> <p>Ammo _____</p> <p>Holster Rig: IPSC - IDPA – Carry</p> <p>Emotional Control Zone (during session): 1 - 2 - 3</p> <p>Did Active Visualization? Yes - No</p> <p>Today I felt: Great - Good Mediocre Sick</p>	<p>Instructions: This form is the range version you can write on. Do your drill, and log your times as you shoot each one. When you are done with all of the repetitions of the drill, count your total points on the target (score as minor or major depending on that division you shoot). Paste ALL the shots on target in preparation for the next drill. Log your numbers! To get hit factor, divide total points by total time. (Don't figure individual string hit factors)</p> <p>Training Session Name: _____</p> <p>Performance Analysis: (Metrics)</p> <p>Drill- _____</p> <p>Total Points- _____ (hits-penalties)</p> <p>Time/s- ____/____/____/____/____/____/____/____/____/____/____</p> <p>Total Time- _____ Hit Factor- _____</p> <p>Notes: _____ _____</p> <p>Drill- _____</p> <p>Total Points- _____ (hits-penalties)</p> <p>Time/s- ____/____/____/____/____/____/____/____/____/____/____</p> <p>Total Time- _____ Hit Factor- _____</p> <p>Notes: _____ _____</p> <p>Drill- _____</p> <p>Total Points- _____ (hits-penalties)</p> <p>Time/s- ____/____/____/____/____/____/____/____/____/____/____</p> <p>Total Time- _____ Hit Factor- _____</p> <p>Notes: _____ _____</p>
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Drill- _____

Total Points- _____ (hits-penalties)

Time/s- ____/____/____/____/____/____/____/____/____/____/____

Total Time- _____ Hit Factor- _____

Notes:

Drill- _____

Total Points- _____ (hits-penalties)

Time/s- ____/____/____/____/____/____/____/____/____/____/____

Total Time- _____ Hit Factor- _____

Notes:

Solution Analysis: (found solution or need solution to)

Success Analysis: (What I did really well)

Goal Statement: (Where I want to go)
