My Objective for the Week of : _____(Date)

What was I attempting to learn or develop this week?

Performance:

What did I do and what did I learn? (Routine, training time, my nutrition, rounds fired, score) Location:

Monday	[ ] [ ] [ ] [ ] [ ] [ ] Temp: ____
Tuesday	[ ] [ ] [ ] [ ] [ ] [ ] Temp: ____
Wednesday	[ ] [ ] [ ] [ ] [ ] [ ] Temp: ____
Thursday	[ ] [ ] [ ] [ ] [ ] [ ] Temp: ____

Friday	[ ] [ ] [ ] [ ] [ ] [ ] Temp: ____
Saturday	[ ] [ ] [ ] [ ] [ ] [ ] Temp: ____
Sunday	[ ] [ ] [ ] [ ] [ ] [ ] Temp: ____

Self Evaluation:

What did I do well this week?

I am Searching for a Solution to:

Goal Statement:

What am going to be great at next?