Performance Journal

Date: _____ Time: _____AM /PM

Event: _____

Location: [ ] [ ] Weather: [ ] [ ] [ ] [ ]

Temp: ____ Distance: _____M

Position: [ ]Prone [ ]Kneeling [ ]Standing [ ]Other: _____

Ammunition: _____

My Objective for the Day:

What was I attempting to learn or develop?

% of Time I ran my Mental System _____ % of Time, I ran my Technical System _____

Performance:

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

Self Evaluation:

What did I do well today?

I am Searching for a Solution to:

Goal Statement:

What am going to be great at next?