

Date	Hours	Rate Quality	Circle any areas you noticed improvement			
1		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
2		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
3		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
4		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
5		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
6		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
7		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
8		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
9		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
10		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
11		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
12		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
13		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
14		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
15		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
16		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
17		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
18		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
19		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
20		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
21		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
22		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
23		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
24		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
25		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
26		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
27		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
28		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
29		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
30		1 2 3 4 5	Bodyweight	Performance	Focus	Mood
31		1 2 3 4 5	Bodyweight	Performance	Focus	Mood