

## SAMPLE LOG SHEETS

Here are some samples of a log book page.

### TRAINING LOG BOOK A

Date: \_\_\_\_\_

Resting Pulse: \_\_\_\_\_

Hours Sleep: \_\_\_\_\_

Muscles Feel:  good  hurt  sore

Appetite:  good  poor

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#### WORKING ON TODAY

Skills: \_\_\_\_\_

New Skills: \_\_\_\_\_

Practice Goals: \_\_\_\_\_

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#### PRE-PRACTICE ATTITUDE

How motivated are you?

1

2

3

4

5

Don't want to practice

Average motivation

Can't wait to get training

Mental Goals for Practice:

1. \_\_\_\_\_

2. \_\_\_\_\_

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#### POST PRACTICE COMMENTS

Energy Level: How much energy did you have?

1

2

3

4

5

VERY LOW

VERY HIGH

Why? \_\_\_\_\_

Performance: Did you accomplish your specific practice goals?

1

2

3

4

5

Met No Goals

Met 50% of Goals

Met 100% of Goals

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#### SELF-TALK

What were you saying to yourself before practice? \_\_\_\_\_

What were you saying to yourself during practice? \_\_\_\_\_

Name at least one positive accomplishment from today's practice: \_\_\_\_\_

Notes: \_\_\_\_\_

## SEASON REVIEW

### LOG BOOK B

#### **The Best:**

1. Game \_\_\_\_\_
2. Practice \_\_\_\_\_
3. Attitude \_\_\_\_\_
4. Grades \_\_\_\_\_

#### **Need Improvement**

1. In my Game \_\_\_\_\_
2. In my Practicing \_\_\_\_\_
3. In my Attitude \_\_\_\_\_
4. In School \_\_\_\_\_
5. Mental Preparation \_\_\_\_\_

**WEEKLY**  
**LOG BOOK C**

Week: \_\_\_\_\_

**What's on the Schedule:**

- Practices \_\_\_\_\_
- Game \_\_\_\_\_
- School \_\_\_\_\_
- Other Activities \_\_\_\_\_

**School:**

- Homework \_\_\_\_\_
- Special Assignments \_\_\_\_\_
- Tests \_\_\_\_\_
- Goals this week \_\_\_\_\_
- What did I learn \_\_\_\_\_

**Game Recap**

- Performance             Great       Good       Average     Poor
- Goals Met               Yes         No
- Pre-Game Attitude     Great       Good       Average     Poor
- Post-Game Attitude    Great       Good       Average     Poor
- Did You Have Fun?     Yes         No