THUNDER WRESTLING DAILY TRAINING LOG

NAME:							DATE:				
WEIGHINS: I believe in myself because											
MORNING		BÉFORE PRACTICE			AFTER PR	ACTICE		GOAL		BED TIME	
		MEAI	L/CALORIE	LOG (list e	ach food ite	m you ate ar	nd its calori	es)			
BREAKFAST LUNCH SNACK DINNER OTHER											
Calories per mea	al →										
Daily caloric intake goal:			Actual calor	ric intake:		Caloric Diffe	erence (+/-)):			
Daily Fluid Intake ounces (water): other fluids:											
Imprortant thi											
WORKOUTS (List what you did, how you felt (10-1) and why, what you learned, weight before/after) ↓											
MORNING:										weight	
										/	
AFTERNOON:											
										weight	
										/	
EXTRA WORKOUT:										weight	
										/	
TECHNIQUE NOTES: (top-bottom-neutral) Name of move											
Key points/Notes:											
GOALS↓											
PRACTICE:											
TODAY:											
THIS WEEK:											
THIS MONTH											
THIS SEASO	N:										
What I need t	to do TODA	Y to get bet	ter or to ach	nieve my go	als:						
Affirmation St	tatements (repeat dailv	<u> </u>		3 things Lo	id better tod	av				
1		opeat daily)	•		1	201.01 100	~ <i>y</i>				
2					2						
3					3						
My motivation	nal quote of	the day:			1 -						
		•									
How did my d	lay go:										
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