

## PRACTICE

# DAILY FOCUS LOG



**DATE:**

*What are three thingies I can hammer with focus today at practice?*

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

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

PRACTICE

The Workout	Focus (1-5)	What was I focused on?
<i>Write out the sets you did.</i>	<i>Rate your focus out of 5.</i>	<i>Write some notes on what you were focusing on.</i>
Set #1	/5	<div></div> <div></div> <div></div>
Set #2	/5	<div></div> <div></div> <div></div>
Set #3	/5	<div></div> <div></div> <div></div>
Set #4	/5	<div></div> <div></div> <div></div>
Set #5	/5	<div></div> <div></div> <div></div>